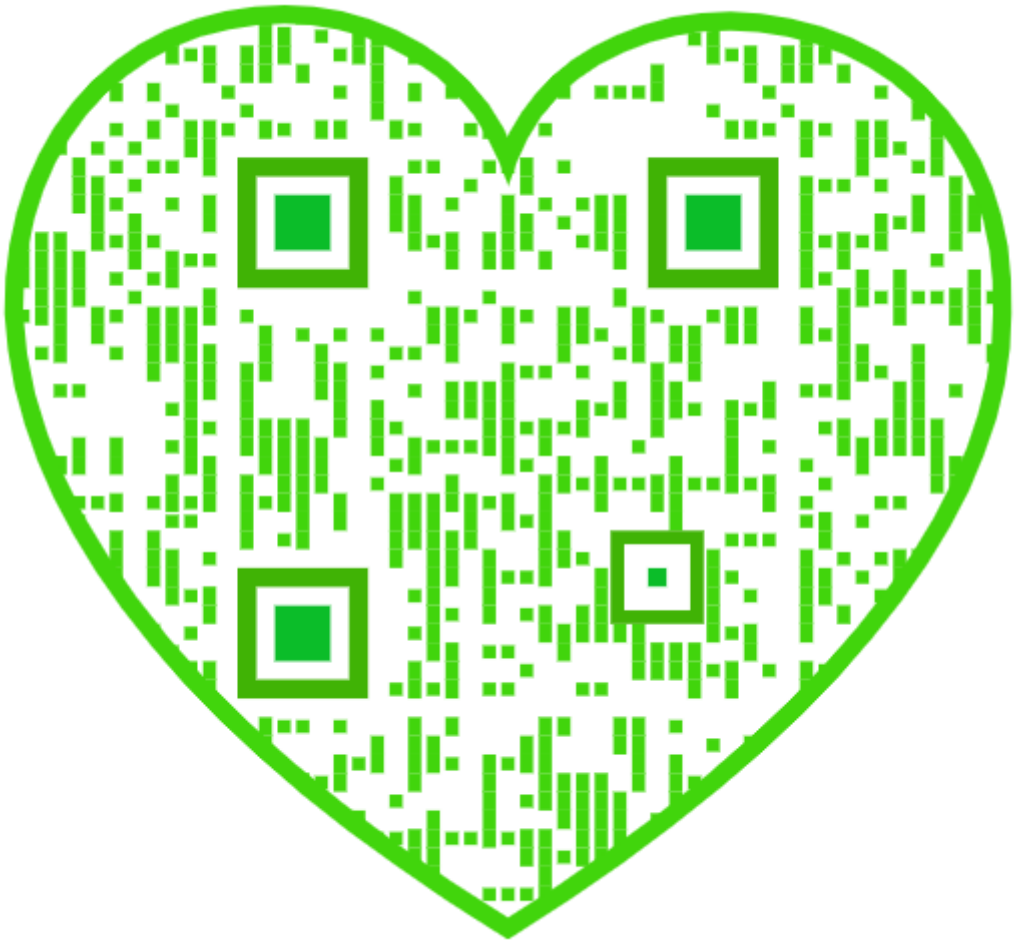

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CONSERVATION RECIPES

Compiled by
The Mobilized Women's Organizations
of Berkeley, California

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Conservation Recipes

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The Mobilized Women's Organizations of Berkeley

REVISED EDITION

Berkeley, California
1918

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FOREWORD

The Patriotic Selective Saving Problem has determined the choice of recipes compiled in this book.

"Conservation Recipes" is a war-time supplement to the ordinary cook book and is designed to aid the housewife in keeping the Food Pledge.

FOOD CONSERVATION COMMITTEE,
Mobilized Women's Organizations
of Berkeley

"Eat Plenty—Eat Wisely—
But Without Waste."

"If we can reduce our average consumption per person, 1 pound of flour (4 cups sifted), 2 ounces fat (1½ tblsp. butter, lard) 7 ounces of sugar (14 tblsp.) and 7 ounces of meat (beef, pork, mutton) per week, and if we use our milk and butter carefully and without waste, we can maintain our own people on a full diet and can still supply the deficiency in our Allies' food, for when these apparently small individual savings are multiplied by 100,000,000 every week, they assume gigantic proportions and offer a complete solution of our problem.

"FOOD ADMINISTRATION."

This is the minimum amount for each person to save and it remains for the patriotic to assume the responsibility of saving more to make up the deficiency of those who fail to do their share.

MRS. HOOVER'S FAVORITE WAR PUDDING

2½ cups of bread crumbs.
½ teaspoonful of soda.
½ cup chopped suet.
1 pinch of salt.
1 egg.
1 teaspoonful of cinnamon.
1 pint of milk.
1 cup of raisins.
½ cup of molasses.
1 pinch of nutmeg.

Mix as in making a cake. Steam two hours. Serve with sauce.

Mrs. Herbert Hoover

MRS. MERRITT'S SPECIAL BRAN BISCUITS

2 cups barley flour.
1 cup bran.
2 tablespoons olive oil.
2 tablespoons brown sugar.
2 teaspoons baking powder.
1 teaspoon salt.
Milk enough to make a stiff dough.

Roll thin and bake in moderate oven twenty minutes.

Mrs. Ralph P. Merritt

SOUPS

Mrs. N. C. Robson, Editor.

All kinds of left over meats can be utilized in making soup stock, and an average sized family should always be able to have a supply without buying fresh meat.

Clear soups have very little nutritive value, but are useful as an aid to digestion.

Appetizing soups can be made from left over vegetables, and the water in which other vegetables have been cooked, and seasoned with tomato, onion, celery, okra, parsley, thyme.

To color soups brown use caramel, browned flour, onions fried brown, kitchen bouquet or beef extract.

Stock made without bone or gristle will not jelly.

Thickenings are made with either white, barley or potato flour, cornstarch or rolled cracker.

The meat which is left after cooking retains the nutritive qualities, but must be made palatable by other seasoning as the juices have gone into the soup stock.

Save all gravies for your soup kettle.

Vegetable soups can be made without milk or meat, and a rich flavor imparted by using browned flour thickening. Broken scraps of bone which have been browned may be simmered in the vegetable water for additional flavoring.

Instead of draining asparagus, squash, carrots, corn, potatoes, parsnips, turnips, cabbage, celery, cauliflower, onions, peas or beans into the sink, drain into a bowl and every second day make resulting mixture into clear soup. Add water, milk—or both if you have it—a little rice, crackers, cooked barley or tapioca, croutons or noodles. Add the water from macaroni, rice or noodles to make thick soup. Press the left over vegetables through a colander and add to the clear vegetable stock. Serve with small cubes of fried toast.

Vegetables when used raw as a seasoning give a strong flavor, and only a little of each should be used. For flavoring soups, sauces, stews, etc., fried vegetables are far superior to the raw.

To prepare them for use, clean and peel or scrape the vegetables, then cut them into small pieces and put in a saucepan with butter substitute or sweet fat, allowing two generous tablespoonfuls of fat to a pint of vegetables. Place on the

stove and stir until the vegetables become hot. Partially cover the saucepan and cook slowly for half an hour, stirring frequently the contents until the fat begins to separate from the vegetables. Drain and save the fat for future use. Add the vegetables to the dish they are to flavor.

Many soups are served with croutons. These are lightly buttered slices of bread, cut in cubes, and browned in a frying pan.

ITALIAN SOUP

4 tblsp. olive oil.
3 rounding tblsp. flour.
1½ qts. boiling water.
1 large potato.
¼ can tomatoes.
2 turnips.
2 carrots.
2 medium sized onions.
1 large handful parsley.
Italian paste, or its substitute.

Cook oil and flour together until brown; add the boiling water. Put turnips, carrots, onions and parsley through the fine meat chopper and add. Bring to boiling point and put in tomato and potato cut in dice. When it comes to boiling point again add 1½ quarts boiling water; cover and let simmer two hours, seasoning with salt and pepper. Then add a handful of some Italian paste, or barley. If barley is used it should be added with the tomato and potato. This soup is even better when re-heated.

Mrs. C. L. Stern.

SPANISH SOUP

4 cups brown soup stock.
2 cups tomato pulp.
1 large green pepper, chopped fine.
1 medium sized onion, chopped fine.
4 tblsp. butter substitute.
5 tblsp. flour.
2 tblsp. freshly grated horseradish.
½ tblsp. Worcestershire sauce.
½ cup hot cooked rice.
Salt, pepper and cayenne.

Cook onion and pepper in butter substitute five minutes; add flour thickening. Stir until blended and brown, then add gradually stock and tomato pulp and simmer twenty minutes. Rub through a sieve and season highly with salt, pepper and cayenne. Before serving add Worcestershire sauce, horseradish and rice.

Mrs. F. E. Menefee.

CHICKEN SOUP WITH RICE

1 cup chicken broth.
2 tblsp. boiled rice.
2 tblsp. chopped parsley.
½ tsp. butter or fat.
1 small tsp. flour or cornstarch.
2 egg yolks.
1 cup milk.

Melt fat and flour together and add to the broth the milk and rice and parsley. When ready to serve add the well-beaten yolks of eggs. Season to taste, with salt and pepper.

Mrs. V. J. Berryhill.

TOMATO BOUILLON

4 cups brown soup stock.
3 cups stewed tomatoes.
¼ cup butter substitute.
⅓ cup flour or other thickening
¼ cup diced carrot.
¼ cup diced celery.
10 pepper corns.
4 cloves.
2 tblsp. chopped onion.
3 sprigs thyme.
Salt and pepper.
Bit of bay leaf.

Cook carrots, celery and onion in the butter for five minnues; add flour, pepper corns, bay leaf, cloves and thyme and cook three minutes; add tomatoes, cover and simmer for one hour. Rub through a strainer; add hot stock and season with pepper and salt.

ONION SOUP

4 or 5 onions.
1 pt. soup stock.
1 cup top milk.
1 egg.
Grated cheese.
Toast—paper-thin slices of French bread.

Slice and fry onions until golden brown. Season well and simmer half an hour in stock. Add the top milk and one egg, lightly beaten. Cook one minute and pour over toast. Serve with grated cheese.

Bohemian Club.

LIMA BEAN PUREÉ

1 cup Lima beans.
Butter substitute.
Milk.
Pepper.
Salt.

I cup dried Lima beans soaked over night. In morning drain beans from water; cover with fresh water and cook slowly until tender, keeping covered with water. Let water partly evaporate, press through a sieve; add salt, butter, pepper and milk to make the desired consistency.

TURKEY BONE SOUP

Bones from roast turkey.
3 or 4 stalks of celery.
2 onions.
1 cup top milk.
2 qts. hot water.
2 potatoes.
Salt and pepper.
Croutons.

Break the bones of a roasted turkey apart after it has been served and with meat and dressing still adhering to them, put into a soup kettle with the hot water, celery, potatoes and onions cut up fine. Season and let it boil slowly, but constantly for two or three hours; then take out the bones. Skim off the fat, strain through a colander and return to the kettle. This is improved by adding a cup of top milk just before sending to the table. Serve with croutons.

Mrs. Lewis A. Hicks.

CREAM OF CHICKEN SOUP

1 pt. chicken broth.
1 pt. milk.
1 good sized lump of butter substitute.
1 tsp. flour.
2 egg yolks.
Pepper and salt.

Add the milk to the chicken broth, the butter into which has been rubbed the flour and salt and pepper to taste. Bring to boiling point and just before removing from the fire, add the beaten yolks of the eggs. A few heads of boiled asparagus gives it a very good flavor.

Mrs. Lewis A. Hicks.

CREAM BOUILLON BISQUE

4 bouillon cubes.
4 cups boiling milk.
4 tblsp, tomato catsup.
1 tblsp. flour.

Dissolve bouillon cubes in hot milk, add catsup and thicken with flour dissolved in a little water.

Mrs. George W. Corner.

BOSTON SOUP

2 cups cold baked beans.
2 stalks celery.
1 small onion.
1 qt. cold water.
1 cup stewed tomatoes.
1 tblsp. flour.
1 tblsp. oleomargarine.
Salt and pepper.

Cut celery in small pieces, slice onion; add beans and water and allow to simmer half an hour. Rub through a sieve; add strained tomato, oleomargarine and flour rubbed together, and cook until of desired thickness. Season to taste.

Mrs. George W. Corner.

MILK SOUP

1 pt. water.
1 pt. milk.
2 cups of any kind of vegetable.
2 tblsp. flour or cornstarch.
2 tblsp. butter.
1 small onion.
Salt and pepper.

Milk soups are both appetizing and nutritious. The basis of all is milk, thickened and seasoned by the addition of vegetables boiled, and pressed through a sieve.

An average milk soup with thickening of flour, cornstarch, potato starch, barley flour or arrow root and vegetable pulp should be of the consistency of cream.

More of the pulp of the vegetable put through a coarse sieve, with a little water or milk makes a paste which is called a pureé.

Chowder contains fish, pork, potatoes and sometimes other vegetables, with a foundation of milk.

Left over vegetables that have been cooked in white cream sauce or mashed potato with a little onion may easily be made into a good soup by adding some skim milk.

Mrs. N. C. Robson.

BELLEVUE BOUILLON

Clam broth.
Chicken broth.
Celery salt.
Whipped cream.

Mix equal quantities of boiling clam broth and chicken broth. Season with celery salt and serve in cups with a tablespoon of whipped cream on each.

Mrs. F. P. Nutting.

ASPARAGUS SOUP

1 bunch asparagus.
3 tblsp. rice.
½ cup top milk.
1 egg yolk.
1 tblsp. minced onion.
1 tblsp. minced parsley.
1 tblsp. butter.
Bit of bay leaf.
3 cups well seasoned chicken stock.

Wash asparagus thoroughly and cut off tips. Cook tips in boiling salted water until tender. Cut the stalks in small pieces, add them to the stock together with the bay leaf, rice, onion and parsley, which should be fried in butter. Simmer for thirty-five minutes. Rub through a sieve, add cream and asparagus tips, season as necessary with salt and pepper and pour on the beaten egg yolk. Chopped blanched almonds may be added.

PEANUT SOUP NO. I

1 qt. milk.
6 tblsp. peanut butter.
1 slice onion.
2 tblsp. flour.

Scald milk and onion; mix the flour and peanut butter; add to the milk and cook fifteen minutes. Season to taste.

Mrs. Leonard Bacon.

PEANUT SOUP NO. II

¾ cup skimmed milk.
1 tblsp. peanut butter.
Salt.

Heat milk in double boiler, then pour **very** slowly over peanut butter in a bowl, creaming the mixture to remove all lumps. Return to double boiler and cook until thickened. Season with salt. Serve with popcorn or croutons. This makes one serving.

Prof. Jaffa.

VEGETABLE SOUP WITHOUT MEAT

3 turnips.
3 carrots.
3 onions.
1 bunch celery.
3 leeks, cut small.
1 clove garlic.
2 stalks parsley.
3 qts. water.
Rice.
Salt, pepper, little nutmeg.

Scrape and slice turnips, carrots and onions, fry with a little butter substitute a light yellow. Add celery and leeks, cook six minutes, add garlic and seasoning. Cover with 3 quarts of water. Simmer three hours; strain and add rice.

CREAM OF CORN SOUP

1 can corn.
1 pt. cold water.
2 tblsp. chopped onion.
¼ tsp. celery salt.
1 pt. scalded milk.
4 tblsp. butter substitute.
3 tblsp. flour.
1½ tsp. salt.
¼ tsp. red pepper.
1 tblsp. canned red peppers, chopped.

Cook the corn with the water twenty minutes. Rub through a sieve and add the scalded milk. Cook the chopped onion in the butter substitute for five minutes. Add the flour, salt, celery salt and pepper, then the corn mixture, and cook for about six minutes. Strain, add chopped red peppers and serve very hot with croutons or buttered popcorn.

CREAM OF POTATO SOUP

2 medium sized potatoes.
1 pint milk and potato water.
2 tsp. grated onion.
¼ tsp. celery salt.
1 tblsp. butter.
1 tblsp. flour.
½ tsp. salt.
2 tsp. chopped parsley

Wash, pare and slice the potatoes. Cook in sufficient boiling water to cover, until tender. Drain the liquid into pint measure, and mash the potatoes. Add milk to fill the measure, and turn into the mashed potatoes. Rub the flour and butter together, and pour over it, stirring well the hot liquids. Cook until thickened. Season and add the chopped parsley just before serving.

DRIED GREEN PEA SOUP

2 cups dried green peas.
2 tblsp. butter substitute.
2 tblsp. onion.
2 tblsp. flour.
1 tblsp. salt.
¼ tsp. white pepper.
1 tblsp. parsley.
1 tsp. thyme.
1 cup bread croutons.
Pinch of paprika.

Wash and soak peas for twenty-four hours; drain, add three quarts boiling water and simmer until tender. Mash through strainer and return to fire. Brown finely cut onion in butter substitute until tender; add flour and stir until smooth and then add to strained peas. Add salt, pepper, parsley, thyme and paprika. Serve with croutons. Mrs. F. E. Menefee.

MILK AND CHEESE SOUP

3 cups milk, or part milk and part stock.
1½ tblsp. flour or cornstarch.
1 cup grated cheese.
Salt and paprika.

Thicken milk with flour in a double boiler. When ready to serve add the cheese and seasoning.

TOMATO SOUP

1 can tomatoes.
1 qt. sweet milk.
1 tblsp. flour.
1 tblsp. butter substitute.
⅓ tsp. soda.
Salt, pepper.

Stew tomatoes; add to them one-third teaspoonful of soda. Have milk hot, thicken with flour and butter, then add the hot strained tomatoes. Serve hot. Mrs. J. B. Keister.

CREAM OF BARLEY SOUP

1 tblsp. fat.
1 tblsp. flour.
1 cup milk.
1 cup water.
⅓ cup pearl barley.
3 cups white stock.
½ tblsp. cornstarch.
2 tblsp. cold water.
Salt and pepper.

Put fat in saucepan; when melted add flour and cook three minutes. Add barley and cook slowly two minutes, stirring constantly. Add milk and water and simmer one hour. Rub through a sieve, add stock which may be made from the bones of a chicken. Add the cornstarch mixed with cold water and stir until it boils. Cook two minutes.

FRESH PEA SOUP

1 qt. green fresh peas.
1 qt. water.
1 qt. milk.
¼ tsp. pepper.
2 tblsp. butter subst.
2 tblsp. flour.
1 tsp. salt.

Boil peas until tender or use left over peas and water in which they were cooked. Make white sauce and rub peas into it through a coarse sieve.

OYSTER STEW

Oysters.
Milk.
Butter.
Crackers.
Salt and pepper.

Heat milk in a double boiler. Heat oysters in their liquor and water, until the edge begins to curl. Skim until quite clear. Season and add to the hot milk. Thicken with rolled crackers. Butter, salt and pepper to taste.

CREAM OF TOMATO SOUP

½ can tomatoes, or
1 lb. fresh tomatoes.
1 tblsp. chopped onions.
1 tblsp. butter substitute.
¼ tsp. soda.
1 pt. milk.
1 tblsp. flour.
½ tsp. sugar.
1 pt. boiling water.
Salt, pepper, sugar.

Heat the milk in the double boiler and thicken with butter and flour. Cook tomatoes and onion, sugar, salt and pepper in the water. Just before serving, stir into the tomato the soda and strain into the milk and serve immediately.

CREAM OF CRAB SOUP

2 qts. milk.
1 large crab picked into small pieces.
1 small onion.
Pepper, salt, cayenne.
2 eggs.
2 tblsp. butter substitute.
2 tblsp. flour.
Chopped parsley.

Put all of these, except eggs, into the milk and let it come to the boiling point. Cook half an hour. Just before serving add 2 well-beaten eggs.

MOCK OYSTER OR SALSIFY SOUP

1 doz. salsify roots.
1 qt. cold water.
2 tblsp. salt codfish, sliced or shredded.
2 tblsp, butter substitute.
1 pt. milk.
½ cup top milk.
Salt and pepper.

Scrape salsify and cut in thin slices. Drop at once into cold water and boil forty minutes; add the codfish and butter and cook eight minutes. Just before serving add the cream and milk. Season to taste with salt and pepper and serve at once.

CORN CHOWDER NO. I

1 can corn.
1 pt. milk.
2 medium sized onions, diced.
3 medium sized potatoes, diced.
1 tblsp. butter substitute
1 tblsp. flour.
Salt and pepper.

Cook potatoes and onions until tender, add corn. Cook ten minutes; then add milk, flour, butter, salt and pepper. Serve hot.

Mrs. J. B. Keister.

CORN CHOWDER NO. II

1 can corn.
½ lb. salt pork.
¾ cup boiling water.
1 onion
6 medium potatoes.
6 crackers.
½ tblsp. butter substitute.
1 tblsp flour.
1 cup milk.

Pare and cut potatoes and onions into dice, cut pork into small pieces. Put onion and pork into frying pan and fry a nice brown. Put layer of potatoes in a baking dish, then a thin layer of pork and onion, then a layer of corn and season. Fill the dish and cook over the fire with the hot water until the potatoes are done. Then add milk, and flour and butter rubbed together and the rolled crackers. Cook five minutes and serve hot.

Mrs. N. C. Robson.

PEAPOD SOUP

Pea pods.
Milk or cream.
Flour.
Salt.

Wash the pods thoroughly. Cover with cold water and add a little salt. Boil half an hour for one pound of pods. Strain and add one cup of milk or cream and a little thickening. Boil five minutes.

NUT CHOWDER

2 medium sized potatoes.
2 tblsp. mixed nut meats.
Fresh or canned tomatoes.
1 dessert spoon peanut butter.
½ cup milk.
1 tsp. salt.
1 qt. water.
1 large onion.
1 tblsp. butter substitute or cooking oil.

Cut the potatoes and onion into thin slices but do not chop them. Cut the tomatoes into small pieces. Dissolve the peanut butter in the milk. Put all these ingredients into water, and simmer until the potatoes and onions are tender. Just before serving add the salt, butter and nut meats.

Mrs. F. P. Nutting.

CLAM CHOWDER NO. I

3 large potatoes.
2 good sized onions.
1 large carrot.
1 large tomato or one cup canned tomatoes.
1 can minced clams.
1 slice bacon or salt pork.
Flour.
Salt and pepper.
1 qt. stock, or water.

Brown ½ onion. Add stock or water and browned flour. Peel and slice potatoes or cube them, also onions, tomatoes and carrot and put in pot with tight cover. Add liquid ingredients and clams and simmer one hour—preferably in a fireless cooker. Do not stir. This is a "meal in itself" with which you may serve crackers and a light dessert or salad.

CLAM CHOWDER NO. II

1 large slice bacon or salt pork.
1 pt. raw potatoes.
1 large onion.
1 can clams.
Tomato or green pepper.
4 or 5 rolled crackers.

Mince bacon and fry in iron kettle. Add potatoes sliced thin, onion chopped fine. Stir and add water to cover. Boil until tender and add crackers and 1 can of clams, tomato or peppers if desired. Season to taste. Mrs. F. J. Solinsky.

DRIED FISH CHOWDER

½ lb. salt fish.
4 cups potatoes, cut in small pieces
2 ounces salt pork.
1 small chopped onion
4 cups skimmed milk.
4 crackers.

Pick over and shred the fish, holding it under lukewarm water. Let it soak while the other ingredients are being prepared. Cut the pork in small pieces and fry with the onion until brown. Add the potatoes and cover with water and cook until the potatoes are soft. Add milk, fish and crackers and reheat. Salt if necessary.

SALADS

Mrs. F. C. Torrey, Editor.

GENERAL SUGGESTIONS

All fish and meat salads are improved by marinating.

A good oil for salad is made from equal proportions of olive oil and corn or cottonseed oil.

The secret of good French dressing is making a thorough emulsion of the oil and vinegar.

French dressing is much improved by the addition of a little Roquefort cheese, thoroughly incorporated.

When mayonnaise curdles, put a tablespoon of cold water in a clean bowl and add mayonnaise very gradually.

Mayonnaise sometimes curdles because the oil is too cold. Oil should be warmed by standing in hot water.

Grated cucumber added to mayonnaise greatly improves it.

Never mix mayonnaise with meat or fish until ready to serve. Use the greater part to spread over the top.

A clove of garlic left in the vinegar bottle gives a good flavor.

Tarragon leaves added to cider vinegar and left for twenty days produces a superior vinegar for salad.

Vinegar is improved by boiling a few minutes with a little brown sugar.

Paprika should be spread in the sun three days to bring out its true flavor.

Whole pepper ground in a small hand mill gives a pungency wholly lacking in commercial pepper.

Lettuce can be quickly dried without bruising by using paper toweling.

Mix canned or cooked left over vegetables with French dressing and set in a cold place for one hour. If several kinds are used combine just before serving.

SALAD DRESSINGS

ENGLISH DRESSING

To a French dressing add ¼ teaspoon mustard.

ITALIAN DRESSING

To a French dressing add a little tomato catsup.

FRENCH DRESSING

Salt.
Tabasco sauce.
Oil.
Vinegar or lemon juice.
Garlic.
Water.

Rub the bottom of bowl with cut clove of garlic. Put in ½ teaspoon salt, a dash of Tabasco sauce and a piece of ice or 1 tablespoon cold water. Stir, remove ice, add 3 tablespoons oil and ½ tablespoon vinegar or lemon juice. Mix well, pour over salad, toss and serve.

EAST INDIAN DRESSING

To a French dressing add ¼ teaspoon curry, a dash of cayenne and half a teaspoon onion juice, using lemon juice instead of vinegar.

RUSSIAN DRESSING NO. I

To French dressing made with both lemon juice and vinegar, add minced green peppers and parsley, chili sauce, Worcestershire sauce and mustard.

RUSSIAN DRESSING NO. II

Mayonnaise.
Pimientos.
Chives.
Chili sauce.

VEGETABLE SALAD DRESSING

½ cup sour cream, whipped.
½ cup mayonnaise.
1 teaspoon minced parsley.
½ cup grated horseradish.
½ cup coarsely chopped walnuts.

Combine in order given.

THOUSAND ISLAND DRESSING

½ cup mayonnaise.
1 egg white.
1 tblsp. tomato catsup.
1 tblsp. Chili sauce.

Beat the catsup and Chili sauce into the mayonnaise and add the well beaten white of egg last. Mrs. M. Dolan.

QUICK MAYONNAISE

1 egg, white and yolk.
1 tblsp. vinegar.
1 tsp. salt.
1 tsp. mustard.
1 tblsp. oil.
Paprika.

Beat all together thoroughly with egg beater before adding more oil. Then it may be added two or three tablespoons full at a time. Oil must not be too cold.

Mrs. G. M. Stratton.

BOILED SALAD DRESSING

1 tsp. dry mustard.
1 tsp. salt.
2 tblsp. sugar.
2 eggs.
½ cup sour cream.
½ cup vinegar.
Butter substitute size of walnut.

Rub first four ingredients together until smooth. Beat eggs, add cream and vinegar. Cook in double boiler until thick. Add a butter substitute.

CHEESE BALLS

½ cup bread crumbs.
2 tblsp. grated cheese.
Dash of Tabasco.
1 tblsp. white of egg.

Form into balls the size of marbles; drop in boiling water for two minutes. Serve with salad.

Mrs. Franklin Nutting.

SALADS

ORANGE SALAD

Oranges.
Lettuce.
Oil.
Vinegar.
Salt.
Sugar.
Paprika.

Separate oranges in sections, removing all the skin that divides them. Take 4 tablespoons powdered sugar, pinch of salt and enough paprika to make it pink. Beat in well 8 tablespoons oil and 1 tablespoon tarragon vinegar and 1 plain vinegar. Mix thoroughly and pour over oranges.

CHEESE AND TOMATO SALAD

Tomatoes.
Cheese.
Mayonnaise.
Lettuce.
Olives.

Slice peeled tomatoes, cover with grated cheese, add chopped olives to the mayonnaise. Serve on lettuce leaves.

BANANA SALAD

Bananas.
Mayonnaise.
Nuts.
Lettuce.

Cut bananas in half. Roll them in mayonnaise and then in nuts, chopped very fine. Serve individually, ½ banana standing on lettuce leaves.

Mrs. Putnam.

STUFFED TOMATO SALAD

Cabbage.
Celery.
Onions.
Green peppers.
Tomatoes.
Lettuce.
Mayonnaise.

Use equal parts of vegetables to stuff tomatoes. Serve with mayonnaise on lettuce leaves.

COMBINATION SALAD

Celery.
Cucumber.
Apple.
Tomato.
Onion.
Radish.
Green pepper.
French dressing.
Lettuce.

Use equal portions of celery, cucumber, apple and tomato cut in pieces. Add a little chopped onion, radish and green pepper. Serve with French dressing on lettuce.

ARTICHOKE SALAD

3 cold artichokes.
4 small tomatoes.
2 tblsp. mayonnaise.
1 tblsp. French dressing.
Lettuce.

Slice the hearts and tender leaves of the artichokes, add sliced tomatoes and French dressing. When ready to serve place on lettuce leaves and garnish with mayonnaise.

CARROT SALAD

1 bunch French carrots.
1 cup celery.
½ cup nut meats.
Ripe olives.
Mayonnaise.

Scrape and grind raw carrots. Add cut celery, nuts, olives and mayonnaise. Nuts and olives may be omitted if desired. Serve on crisp lettuce leaves.

PRUNE SALAD

Cooked prunes.
Lemon juice.
Mayonnaise.
Chopped walnuts.
Lettuce.

Arrange prunes on lettuce leaves. Sprinkle them with lemon juice. Place mayonnaise on top. Sprinkle with chopped nuts.

Miss Schwab.

SALMON SALAD

1 cup salmon.
4 boiled potatoes.
2 dill pickles, chopped.
6 hard boiled eggs.
Celery.
Onion.
Mayonnaise.
Lettuce.

Mix ingredients, adding eggs last. Let stand a few hours before serving.

STRING BEAN SALAD

Lettuce.
Beans.
Chopped onion.
2 tblsp. mayonnaise.
1 tblsp. vinegar.
2 tblsp. Worcestershire sauce.
2 tblsp. tomato catsup.

Mix all together in a salad bowl. Toss and serve.

Mrs. J. Salzberger.

COLD SLAW

1 tsp. flour.
1 tsp. sugar.
1 tsp. oil.
1 tsp. mustard.
1 tsp. salt.
1 egg.
½ cup vinegar.
1 cup water.
Finely cut cabbage.

Use a little of the water with the flour to make a paste and a little vinegar to moisten the mustard. Beat egg thoroughly. Mix all together and cook in double boiler until thick as cream.

POTATO AND CUCUMBER SALAD

Potatoes.
Cucumber.
Onion juice.
Mayonnaise.
Lettuce.

To cold boiled potatoes cut in dice, add one-half their bulk of diced cucumbers. Mix with mayonnaise to which is added onion juice to taste.

VIENNESE SALAD

Cucumbers.
Lettuce.
Salt.
½ pt. sour cream.
1 tblsp. lemon juice or tarragon vinegar
1 scant tsp. powdered sugar.

Beat cream until stiff. Add the other ingredients. Serve on sliced cucumbers on lettuce leaves.

Mrs. F. C. Torrey.

PERFECTION SALAD

1 envelope gelatine.
½ cup cold water.
½ cup vinegar.
1 pt. boiling water.
1 tsp. salt.
Mayonnaise.
1 cup finely shredded cabbage.
Juice of 1 lemon.
½ cup sugar.
2 cups finely cut up celery.
¼ can pimientos, cut in strips.
Lettuce.

Soak the gelatine in the cold water; add the boiling water. When cool add the seasoning and when beginning to set, stir in the vegetables. Serve with mayonnaise on lettuce leaves.

Mrs. F. C. Torrey.

HARVARD SALAD

Cucumber.
Celery.
Nuts.
Red and green peppers.
Mayonnaise.
Tomatoes.
Lettuce.

Mix small cubes of cucumber and celery. Add half the amount of nut meats broken in bits and one-third the amount of finely cut red and green peppers. Serve with mayonnaise on thick slices of tomato.

TOMATO JELLY SALAD

¾ box gelatine.
½ cup cold water.
1 can tomatoes.
1 small onion.
1 stalk celery.
1 bay leaf.
2 cloves.
1 tsp. salt.
1 tsp. Worcestershire sauce.
2 tblsp, tarragon vinegar.
Mayonnaise.
Lettuce.

Soak the gelatine. Simmer all other ingredients, except vinegar, for ten minutes. Add gelatine; strain into molds. Serve with mayonnaise on lettuce. Mrs. T. M. Putnam.

ITALIAN SALAD

2 cups cold macaroni.
⅔ cup celery.
⅓ cup American or Cream cheese.
4 tomatoes.
3 pimientos.
Mayonnaise.
Lettuce.

Cook macaroni in boiling salted water. Drain and rinse in cold water. Add celery, and cheese cut in small dice. Cut tomatoes in pieces. Serve on lettuce with mayonnaise and pimientos. Mrs. F. C. Torrey.

NORMANDY SALAD

1 can peas.
½ lb. walnuts.
Mayonnaise.
Lettuce.

Stew peas gently in their own liquor, with salt, pepper and pinch of sugar. When the peas absorb all the liquor, allow them to cool. Chop the nuts and mix with the peas. Pour mayonnaise over all and serve on lettuce.

PALACE GRILL SALAD

Celery.
Pineapple.
Pimiento.
Green pepper.
Whipped cream.

3 hearts of Celery cut Julienne; add pineapple and pimientoes cut in dice. Use a little whipped cream in the mayonnaise. Sprinkle some finely chopped green peppers on top and serve very cold.

Danvillier.

JELLY CELERY SALAD

2 tblsp. gelatine.
⅔ cup cold water.
5 tblsp. lemon juice.
¼ cup sugar.
½ tblsp. horseradish.
1 cup chopped celery.
Mayonnaise.
Lettuce.
Salt, cayenne pepper.

Soak gelatine and dissolve in the boiling water. Add other ingredients; color green. When the mixture begins to thicken, add 1 cup chopped celery. Serve with mayonnaise or Russian dressing on lettuce leaves.

MOLDED FRUIT SALAD

1 envelope gelatine.
½ cup cold water.
1½ cups boiling water.
½ cup lemon juice.
¼ cup sugar.
Strawberries.
Seedless grapes.
Sliced bananas.
Oranges.
Mint.
Lettuce.

Dissolve gelatine in the cold water, add the boiling water, lemon juice and sugar. Dip a mold in cold water, pour in one inch deep of gelatine. When set, add a layer of fruit and jelly alternately, reserving the oranges and mint for the last layer. Serve with Thousand Island dressing.

Mrs. M. Dolan.

CRAB LOUIS

Crab.
Lettuce.
Mayonnaise.
Chili sauce.
Chow-chow.
Worcestershire sauce.
Tomato.
Parsley.
Shallots.

Take meat of crab in large pieces and dress with the following: One-third mayonnaise, two-thirds Chili sauce, small quantity chopped chow-chow, a little Worcestershire sauce, minced parsley and shallots, tarragon, salt and pepper. Garnish with thin slices of tomato. Solari.

PINEAPPLE AND CHEESE SALAD

Pineapple.
Cottage cheese.
Currant jelly.
Lettuce.
French dressing.

Divide each ring of pineapple in segments but keep in circular shape. Rub a cream cheese through a colander and fill the hole in the pineapple. Drop a teaspoon of currant jelly on each mound of cheese. Garnish with lettuce and serve with French dressing made with lemon juice instead of vinegar. Mrs. W. R. Thorsen.

CUCUMBER JELLY SALAD

2 cucumbers.
1 slice onion.
½ tsp. salt.
1 tblsp. gelatine.
Pepper.

Peel and slice cucumbers, stew with onion in 1 pint of water until tender. Add gelatine dissolved in warm water. Turn out when firm on lettuce leaves. Serve with French dressing.

CHICKEN SALAD

Chicken.
Celery.
Olives.
Hard boiled eggs.
Mayonnaise.
Lettuce.

Put chicken into boiling, salted water. Cover and simmer until tender. Let it cool in the water in which it has boiled. Cut the meat into pieces and add as much celery. Marinate. Add sliced olives and yolks of 2 hard boiled eggs to mayonnaise. Mix some of the mayonnaise with salad and pour the remainder over the top. Serves ten persons.

JELLIED WALDORF SALAD

½ package gelatine.
½ cup cold water.
1 cup boiling water.
¼ cup sugar.
¼ cup lemon juice.
2 cups apples, chopped.
1 cup celery, shredded.
½ cup nut meats, chopped.
Lettuce.
Pimolas.
Mayonnaise.

Soak gelatine; add the boiling water, sugar and lemon juice. When it begins to stiffen add the other ingredients. Serve on lettuce; garnish with sliced pimolas and mayonnaise.

Mrs. H. R. Kelly.

GRAPEFRUIT AND POMEGRANATE SALAD

4 grapefruit.
2 pomegranates.
4 tblsp. grated Roquefort cheese.
1 cup French dressing.
2 tblsp. sugar.

Peel grapefruit, remove all fibre and seeds. Marinate for two hours in the French dressing, to which the sugar has been added. Place on crisp leaves of lettuce, sprinkle with Roquefort cheese. Add seeds of pomegranates. (An attractive holiday salad).

Mrs. Douglas W. Ross.

MIXED FRUIT SALAD

2 tblsp. gelatine.
¼ cup lemon juice.
1 cup ginger ale.
⅓ cup apples.
⅓ cup boiling water.
2 tblsp. sugar.
1 cup white grapes.
⅓ cup celery.
4 tblsp. diced pineapple.
Mayonnaise.
Salt.

Soak the gelatine in a little cold water; dissolve in boiling water and add lemon juice, ginger ale, sugar and a little salt. Skin and halve the grapes, add celery in crisp shreds, chopped apple and diced pineapple. Serve with mayonnaise on lettuce leaves.

BRAZILIAN SALAD

2 bunches water-cress.
20 stuffed olives.
1 very small onion.
Seasoning.
French dressing.

Mince the onion, cut the olives into rings, break the water-cress, season. Add the French dressing the last minute, toss and serve.

CRAB AND TOMATO SALAD

1 cup crab. Mayonnaise.
⅔ cup celery. Lettuce.
6 small tomatoes, peeled and quartered.

Arrange on a platter and serve with mayonnaise.

STUFFED TOMATO SALAD

Tomatoes. Artichoke hearts.
Celery root. Lettuce.
Thousand Island dressing.

Peel large tomatoes, cut with a sharp knife to form six points. Scoop out the center and fill with well cooked celery root and the hearts of artichokes. Mrs. M. Dolan.

POTATO SALAD

1 cup cold potato, sliced thin. Lettuce.
1 cup celery. Mayonnaise.
1 cup walnuts.

Mix thoroughly with mayonnaise made with lemon juice. Serve on lettuce, garnish with celery tops.

Mrs. C. C. Kinney.

NORWEGIAN SALAD

2 cups cooked macaroni. 1 tblsp. chopped onion.
1 cup cut celery. ¼ cup chopped red peppers.
¼ cup chopped green peppers.

Serve with French dressing on lettuce leaves.

FISH SALAD

1½ cup cold fish. 2 tomatoes.
½ cup finely cut celery. Mayonnaise.
1 small onion, minced. Lettuce.
2 tblsp, chopped green peppers.

Mrs. Franklin Nutting.

GRAPEFRUIT AND APRICOT SALAD

Grapefruit. Mayonnaise.
Canned apricots. Lettuce.

Remove pulp of grapefruit; add sugar to sweeten and let it stand two hours. Arrange individually on lettuce leaves, add a spoon of mayonnaise, topping with half an apricot.

CHEESE AND PEA SALAD

Peas.
Sweet pickles.
Cream cheese.
Lettuce.
Mayonnaise.
Red pepper.

1 can peas, rinsed and drained, ½ the amount sweet pickles chopped, 1 cup cream cheese cut in dice. Sprinkle lightly with red pepper, arrange on lettuce leaves and serve with mayonnaise.

Mrs. Herbert Jones.

MUSTARD CABBAGE

1 egg.
1 tblsp. sugar.
1 tsp. mustard.
½ cup vinegar.
Cabbage.

Beat the egg with the sugar, dissolve the mustard in the vinegar. Mix all together and boil until thick. Pour while hot over finely cut cabbage, previously salted.

Mrs. S. J. Sill.

DATE SALAD

1 cup dates.
⅓ cup ground American cheese.
⅓ cup ground walnut meats.
1 cup diced celery.
1 cup diced apples.
1 tblsp. lemon juice.
Mayonnaise.
Lettuce.

Mix cheese and nuts, stuff dates, mix with apples and celery. Serve with mayonnaise on lettuce. This salad can be varied by omitting cheese and adding a little pineapple and white grapes.

Mrs. E. B. Bumsted.

CUCUMBER AND PINEAPPLE SALAD

¾ cup chopped cucumber.
½ cup grated pineapple.
½ pint water.
½ envelope gelatine.
½ tsp. salt.
Green coloring.
Mayonnaise.

Dissolve gelatine in water, add salt, pineapple, cucumber, and coloring to give desired effect. Pour in individual molds and let stand for eight hours or longer. Serve on crisp lettuce leaves with slices of tomatoes and sprigs of mint and mayonnaise.

Mrs. Douglas W. Ross.

POULTRY AND GAME

Mrs. Tomse M. Shearman.

CONSERVATION HINTS

When boiling fowl or game, the fats which form on top, can be skimmed and used for shortening.

After the meat has been sliced from roast chicken or turkey the bones may be boiled and every particle of meat removed. Use the liquor for soup, with chopped vegetables or rice, and the meat minced and served on toast, with any preferred sauce.

Corn meal mush or corn bread may be toasted and used in place of bread when serving fowl, meat or fish.

STUFFINGS

Use stale bread crumbs, cracker crumbs, corn bread, graham bread, corn flakes or other cereals, potatoes, hominy.

LIQUID—Moisten with milk or water, but the liquid in which the feet and bones of the fowl have been cooked is preferable. A little of the giblet stew may be added.

Ask to have the feet of the fowl delivered with the fowl.

Cover bones, skin, trimmings, feet or giblets with cold water. Add a tablespoon each of carrot, onion and celery or parsley for each pint of water. Let simmer an hour or so. Strain and use for stuffing or for soup foundation.

FAT—Grind the fat of the fowl used, or try it out. This is more desirable than butter as it helps to extend the flavor of the meat used through the stuffing. Use this fat also for basting. (A small piece of suet or fat salt pork may be used for lean meat like hare or rabbit).

SEASONINGS—Salt, pepper, summer savory, sage, thyme, minced parsley, chopped celery, ground onion, etc., may be used.

EXTRAS—Drained oysters, giblets, mushrooms, raisins or currants, chestnuts, chopped walnuts or peanuts, a dozen or so cranberries or sour apple cut up, olives, whole or minced, afford variety.

BREAD STUFFING

Stale bread.
1 egg.
¼ cup fat.
1 tsp. powdered summer savory.
1 tsp. salt and pepper.
1 tsp. sage or minced parsley.

Use stale bread browned in a small oven until crisp (brown crusts or graham bread preferred)—I pound of bread for an eight or ten pound bird. Put bread into a bowl and pour cold liquid over it. (Hot liquid makes it heavy). Let it stand only a minute. Take up a handful at a time, squeeze it hard and dry and place in another dish. Toss it up lightly through the fingers. Add fat from the fowl, put through a meat grinder or tried out. Add a beaten egg or not as desired. Season with 1 teaspoon each salt, pepper, powdered summer savory, sage or green herb or parsley minced fine. Work all together.

Note: Any of the above foundations may be substituted for the whole or a part of the bread.

OYSTER STUFFING

½ can strained oysters. Cracker crumbs.

Same as above. Add ½ can strained oysters slightly chopped. All or half cracker crumbs may be used. Mushrooms may be substituted for the oysters.

CHESTNUT STUFFING

¼ tblsp. finely chopped onion.
3 tblsp. fat from goose.
12 canned mushrooms, finely chopped.
1 cup chestnut pureé.
⅓ cup stale bread crumbs.
½ tblsp. finely chopped parsley.
24 French chestnuts cooked and left whole.
Salt and pepper.

Cook onion with fat five minutes. Then add mushrooms, chestnut pureé, parsley and salt and pepper. Heat to boiling point; add bread crumbs and whole chestnuts. This stuffing is especially good for goose. Cool mixture before stuffing goose.

POTATO STUFFING FOR ROAST GOOSE

2 cups mashed potatoes.
1 finely chopped onion.
1¼ cups stale bread crumbs.
⅓ cup melted goose fat.
½ cup chopped English walnuts.
½ cup drippings.
1 egg.
½ cup grated celery.
Salt, pepper, sage.

Cook 1 finely chopped onion with ½ cup drippings for ten minutes. Strain and add softened stale bread crumbs, hot mashed potatoes, melted goose fat, grated celery, egg, slightly beaten, chopped English walnuts and salt, pepper and sage to taste.

POTATO STUFFING FOR ROAST TURKEY

1 lb. white potatoes.
1 cup corn bread crumbs.
1 tblsp. butter substitute.
1 small onion, chopped.
1 cup finely chopped celery.
Salt and pepper.

Boil and mash one pound or more of potatoes according to size of turkey. Season with salt and pepper. Add corn bread crumbs, onion, butter substitute and celery.

ROAST TURKEY

Take a young turkey, remove feathers carefully, singe and draw it, carefully taking out crop. Cut off head, tie neck close to body by drawing the skin over. Rinse inside with several waters, in one of which dissolve teaspoon baking soda. Wash and wipe turkey dry inside and out, rubbing inside with salt. Stuff with a good fowl dressing, sew up with strong thread, tie legs and wings to body, rubbing it over with olive oil. Season with salt and pepper, dredge with a little flour. Place turkey in a roasting pan, pour over it a cup of boiling water and set in oven. Baste it often, turning it occasionally so every part will be thoroughly and uniformly baked. It is done when a clear liquid runs out upon piercing it with a fork. It requires between three and four hours to bake a 15-pound turkey. Serve as usual with cranberry sauce.

TURKEY GRAVY

Giblets.
Flour.
1 pt. water.

A good turkey gravy can be made by taking the giblets, putting them in a stew pan with water; boil until tender, adding necessary water from time to time. When done remove

the liquor, chop, then return to liquor and set aside until turkey is done. Skim the fat from the pan in which the turkey is being roasted; thicken with flour, add liquor from giblets and enough boiling water to make sufficient quantity; season, and add chopped giblets.

CHICKEN OR TURKEY SOUFFLE

1 cup ground fowl.
1 tblsp. shortening.
2 egg yolks.
1 cup soup stock or skim milk.
1 tblsp. whole wheat flour.
Pinch of salt.

Cook with a smooth white sauce. C. W. M.

BAKED CHICKEN

1 can chicken.
1 can corn.
½ cup milk.
1 cup bread crumbs.
Salt and pepper.

Rub a baking dish with shortening. Mince chicken well; season with salt and pepper, add corn, also seasoned and pour milk over mixture. Cover this with bread crumbs and bake in oven twenty minutes.

MILK GRAVY FOR CHICKEN

1 heaping tblsp. flour
1½ cups milk.
Salt and pepper.

Add flour to fat left in pan after removing chicken. Mix thoroughly, add milk and let boil up well. Add salt and pepper and serve.

CHICKEN, CREOLE STYLE

1 large chicken.
3 sliced onions.
1 pt. strained tomatoes.
3 minced green peppers.
4 tblsp. Crisco.
2 tblsp. flour.
½ bay leaf.
1 tsp. salt.
Sprig of parsley.

Put fat in skillet and fry in it the onions until a light brown Dress chicken and cut in pieces; roll in flour and add to frying pan; fry until well browned. Place chicken in casserole, add the flour to fat in frying pan, stirring until smooth. Now add slowly tomatoes, peppers, bay leaf, parsley and salt. Pour over chicken, cover and bake for two hours.

Mrs. F. E. Menefee.

BAKED CREAM CHICKEN

1 chicken.
2 hard boiled eggs.
1 pt. milk.
1 can mushrooms.
2 tblsp. flour.
½ pt. chicken broth.
Salt and pepper.
Butter substitute.

Cover a chicken with hot water and boil until tender enough to slip easily from bones. Remove from bones when cool. Rub a baking dish with fat, place in it a layer of chicken, then a layer of mushrooms, then a layer of chicken, next a layer of hard boiled eggs, alternating in same manner until dish is almost full. Season each layer with salt and pepper. Put a heaping teaspoon of butter substitute in the sauce pan and as it melts stir in slowly two tablespoons flour; add milk and chicken broth. Cook until very thick. Pour over chicken and bake for one-half hour.

SMOTHERED CHICKEN

1 small chicken.
1 cup water.
2 tblsp. catsup.
Flour.
Milk.
Salt and pepper.

Roll each piece of chicken in flour. Cook in a casserole with 1 cup of water, a little salt, pepper and catsup in the oven about two hours. Take off the lid about twenty minutes before done, to brown. Use milk gravy. Mrs. Sampson.

STEAMED FRIED CHICKEN

4 lb. fowl.
4 tblsp. Crisco.
Salt and pepper.

Cut fowl as for frying; roll in flour to which has been added salt and pepper. Fry in Crisco until a golden brown. Cover tightly and simmer slowly for about two hours. A tough chicken cooked in this way will be tender. Serve with milk gravy.

CHICKEN LOAF

1 chicken
Seasoning.
¼ box soaked gelatine.

Boil a chicken until the meat and bones readily separate; strain and put the liquor in a saucepan, reducing it to 1½ pints. Add gelatine. Fill a mold with alternate layers of white and dark meat. Season the liquor and pour over the meat. Set away in a cool place until it becomes firm.

CHICKEN WITH RICE

1 chicken.
2 bay leaves.
1 large onion.
1 large cup rice.
Stock.
Salt and pepper.

Place the whole chicken in a saucepan with enough stock to cover, bay leaves and onion. Season with salt and pepper. Cover and let simmer very slowly for four hours. Remove onion and bay leaves and add rice and let simmer until rice has absorbed all of stock. Place on a platter and serve, surrounded with rice.

FRICASSEED CHICKEN

1 chicken.
1 tblsp. salt.
2 small slices salt pork.
½ cup flour.
Sweet milk.
Sliced biscuit.

Cut up chicken, put to boil in cold water with salt pork; cover well. When half cooked add salt. Boil until a fork will pierce meat easily. Reduce the water, by boiling, to one quart. After removing chicken, add flour mixed smooth in a little sweet milk and more salt if needed, boil five minutes and pour over chicken placed upon split biscuits.

Mrs. LeConte.

CHICKEN IN RAMEKINS

1 pt. diced chicken (cooked).
2 tblsp. flour.
2 tblsp. butter substitute.
¼ tsp. white pepper.
1 tsp. salt.
½ pint milk.

Put butter substitute and flour in saucepan; add salt and pepper; put over fire and mix well. Add milk; stir until thick, then add chicken and simmer five minutes. Fill heated scallops or ramekins and serve.

CHICKEN PILAU

1 chicken.
1 cup rice.
1 pt. tomatoes.
Small piece salt pork.
Minced parsley.
Salt and pepper.

Cut a chicken in pieces, cover with water, add salt pork and boil until tender. When done remove chicken and boil in the liquor the rice and tomatoes, seasoning to taste. When rice is well cooked put the chicken back and stir all together.

Mrs. Mitchell.

CHICKEN PIE

3 pts. water.
½ tsp. mace.
1 tblsp. flour.
Salt and pepper.
2 chickens.
Butter substitute.
4 eggs.
Biscuit dough for crust; use ⅓ corn flour.

Cut chicken in small pieces and parboil one-half hour. Use sufficient water, about 3 pints, to make plenty of gravy. Season with salt, pepper, mace and butter substitute. Boil this one-half hour longer to season chicken thoroughly. Make a pastry to line sides of dish. Place a cup inverted in the center, to prevent gravy from boiling out, around which place the chicken. Pour over gravy, which has been thickened with flour and drop over this four raw eggs. Cover with an upper crust; slit to let out steam, and bake for half an hour.

CHICKEN PIE

Left over chicken.
1 onion.
3 carrots.
2 potatoes.
Biscuit dough for crust; use ⅓ corn flour.
Salt, pepper, parsley.

Cut up left over chicken; boil in water until meat is very soft; then strip from bone. Crack bones, put back in kettle; boil until liquor is reduced to 2 cups. Strain and add to this sliced carrots, onion and potatoes; season with salt, pepper and parsley. Boil until tender. Pour in baking dish over diced chicken; cover the top with biscuit dough; slit to let out steam and bake fifteen minutes.

PRESSED CHICKEN

1 chicken.
Pimiento.
Rice or hominy.
Salt and pepper.
Chopped parsley.
3 hard boiled eggs.
½ pkg. gelatine.

Cook chicken; shred it into strips and place a layer in a shallow pan, alternating light and dark meat. Dice eggs and sprinkle half of them over the chicken, also strips of pimiento, cold boiled rice or hominy and chopped parsley. Continue until all ingredients are used. Boil broth down to two cups. Add half package of gelatine dissolved in a little cold water. Boil one minute and pour this mixture over all. When cold cut crosswise. Mrs. B. F. Bowman.

CHICKEN IN THE CHAFING DISH

1 cup cooked chicken, cut small.
1 level tsp. chopped parsley.
1 tblsp. celery, finely chopped.
3 level tblsp, butter substitute.
3 level tblsp. flour.
1 cup milk.
1 egg, hard boiled.
18 large oysters.
Salt and paprika.
Few drops onion juice.

Melt butter substitute in chafing dish; add celery, cook a few moments; add flour, mix; add milk; cook, stirring until creamy. Add oysters, chicken, seasoning; cook carefully, stirring until oysters are plump and gills begin to curl. Now add parsley, chopped white of egg, and yolk of egg rubbed to a paste with a little of the sauce. Heat a moment; serve piping hot on thin slices of crisp, buttered toast. Will serve four persons. "Ladies World.'

CANVASBACK DUCK

Duck feeding mostly on wild celery, partakes of its own flavor and requires no seasoning. This flavor is best preserved by roasting the bird quickly with a hot fire. Dress the duck in the usual way, plucking, singeing, drawing, then wipe with a wet towel. Truss the head under the wing. Place it in a dripping pan, put it in the oven, basting often and roast it half an hour. Place it when done in hot dish. Season well with salt and pepper, pour over gravy yielded in baking and serve hot.

DRESSING FOR DUCK

Corn meal.
Minced onion.
Pinch of salt and pepper.
Shortening.

Make a thin corn meal dough with warm water and shortening. Make into loaves about 3 inches thick and bake. When done take out inside of loaves, season with salt, pepper and minced onion.

ORANGE SAUCE FOR GAME

6 tblsp. currant jelly.
1½ ounces brown sugar.
1 saltspoon salt.
1 saltspoon cayenne.
Juice and rind of 2 oranges
Juice and rind of 1 lemon.

Beat well; strain through wire sieve. Serve cold. Excellent with duck or mutton.

WILD DUCK, ROASTED

1 duck.
Salt and flour.
Hominy.
Drippings.
Cranberries.

Truss the duck in same manner as roast chicken. Spread the outside with drippings and dredge with salt and flour. Put a dozen cranberries within and roast in a hot oven from twenty to thirty minutes, basting three times with fat. Place duck on hot platter and garnish with rounds of hominy rolled and baked at the same time as duck. May be served with celery salad and currant jelly.

ROAST DUCKS

2 ducks.
1 onion.
1 cup hot water.
1 qt. bread crumbs.
1 tsp. salt, pepper and sage.
1 tsp. butter substitute.

Pick, draw and wash a pair of ducks. To stuff, mix bread crumbs, onion, minced fine; salt, pepper, sage, the butter substitute, and 1 tablespoon hot water. Place in pan, pour a cup of boiling water over them and bake one and one-quarter hours in quick oven, basting every five minutes for the first half hour.

Mrs. F. E. Menefee.

ROAST GOOSE

Goose may be roasted the same as turkey and chicken, except that it requires more thorough cooking, otherwise it may be tough.

BELGIAN HARE A LA MARYLAND

1 hare.
1 egg.
½ cup water.
1 tblsp. drippings.
Toast.
Bread crumbs.
Flour.
Salt and pepper.
Milk sauce.

Wipe the hare with a clean damp cloth and cut in pieces ready for serving. Dip each piece in flour, then in beaten egg. Season with salt and pepper and then dip in sifted bread crumbs. Put the hare in a roasting pan which has been greased and bake for forty-five minutes in a good oven, basting it every few minutes, after the first fifteen, with a tablespoon of drippings melted in ½ cup of water. This may be served with milk sauce on toast.

SQUAB JELLY WITH MAYONNAISE

1 squab.
1 tsp. lemon juice.
2 envelopes minute gelatine.
Celery.
Parsley.
Lettuce.
Onion.
Salt and pepper.

Boil squab until it falls apart. Season liquor with salt, pepper, onion, celery, parsley and lemon juice. To one quart of boiling liquor use two envelopes gelatine. Pour into mold with squab meat. When cold and firm serve on lettuce with mayonnaise. Mrs. Julian Chase.

ROASTED SQUABS

Clean, draw and prepare squabs for cooking the same as any fowl or bird; season well with salt and pepper; stuff, roll in flour. Put in a baking pan some drippings; heat; place squabs in pan; put a little water over them to start cooking and place in a hot oven. Roast half hour or until brown; baste a few times.

BRUNSWICK STEW

1 rabbit.
1 onion.
2 tblsp. flour.
½ can corn.
2 tblsp. drippings.
½ cup small white beans.
2 cups warm water.
3 French carrots.
2 turnips.
Sprigs thyme.
Parsley.
Small piece bay leaf.
Salt and pepper.

One good sized rabbit cut in pieces. Put drippings in a frying pan and fry onion until brown. Then add rabbit and fry until slightly brown. Do not try to cook through. Take out the rabbit and put it in a deep pot or saucepan. Add flour to gravy in the frying pan; rub until smooth, and add the warm water. Pour this over the rabbit in the pot, and add the beans which have previously been soaked over night and cooked until partly tender. If more liquid is needed use some of the water the beans were boiled in. Rabbit must be covered. Add corn, carrots and turnips cut in pieces. Also thyme, parsley and bay leaf. Plenty of salt and pepper. Cook slowly over simmerer two or three hours, until beans dissolve and become part of gravy. This is a good way to cook wild rabbit.

ROAST HARE OR RABBIT NO. I

Cover with slightly salted water for an hour or more. Rub with vinegar or lemon juice. Stuff as you would fowl, and roast. Baste often with drippings and dredge with flour. Serve with brown gravy.

ROAST HARE OR RABBIT NO. II

Put into salt and water for about an hour. After washing dip in white of egg; dredge with flour. Put in covered baking dish with drippings. Bake slowly, turning occasionally. Carrots browned with the meat are desirable.

(Belgian hare and rabbit should be cooked slowly, at a low temperature).

RABBIT A LA SOUTHERN

2 rabbits.
1 lb. fat.
1 cup milk.
Salt and pepper.

Dress and clean rabbits and disjoint ready for serving. Cover with 3 pints cold water and add 1½ teaspoons salt. Let stand three hours or more. Drain, wipe, sprinkle with salt and pepper and roll in flour. Put ⅔ cup of fat in an iron frying pan; add the rabbit; cover and cook slowly one and one-half hours, turning frequently. After cooking thirty minutes add 1 cup milk.

Mrs. F. E. Menefee.

RABBIT STEW

1 rabbit.
5 slices fried bacon or salt pork.
6 cloves.
2 tblsp. sugar.
1 minced onion.
1 bay leaf.
4 pepper corns.
Vinegar and salt.
Flour and fat.
Potato dumplings.

Cut a young rabbit in pieces. Put in a deep dish; cover with vinegar and let stand thirty-six hours. After draining vinegar, dip pieces in flour and brown in fat. Place in saucepan, cover well with boiling water and cook for two hours, or until meat is tender. Add minced onion and fried salt pork, cut into small strips, seasoned to taste.

A good seasoning may be made with bay leaf, cloves, pepper corns and sugar. Add half glass of vinegar. Thicken the gravy with browned flour diluted with water. Serve on a large platter, surrounded with potato dumplings.

HARE OR RABBIT EN CASSEROLE

1 hare.
1 can Spanish tomato.
Ground onion.
Chopped parsley.
Bread crumbs.
Corn.
Drippings.

Cut as for fricassee. Brown in oven or heavy frying pan. Put in double boiler with water to cover. Simmer until very tender. Remove meat from the bones but leave in large sized pieces. (The meat may be boiled and then browned if preferred). Cover bottom of baking dish with drippings. Add a layer of ground onion and one of corn; sprinkle with chopped parsley. Spread meat over surface and repeat, salting each layer. Dredge with flour or crumbs. Cover with water in which meat has simmered and a can of Spanish tomato, strained. Bake or put in fireless cooker at least an hour. Uncover in oven for last half hour of cooking. Any other vegetables you have on hand may be added if desired. Liver may be substituted for rabbit.

BANGKOK CURRY (For Eight)

1 fresh cocoanut, grated, or
2 cans grated cocoanut.
2 tblsp. tomato juice, or
Few drops lemon juice.
1 pt. water.
½ medium sized onion.
1 tsp. curry powder
1 tblsp. corn meal.
1 tblsp. white flour made into smooth batter.
½ tsp. salt.
2 lbs. chicken.

Add the water to grated cocoanut and simmer slowly one-half hour. Separate juice from fiber by putting through colander. Cut onion in thin slices and brown slowly in frying pan with butter substitute. Add to the onion the cocoanut juice, tomato and salt. When it comes to the boiling point thicken it with flour, into which first stir the curry powder. Just before serving add the cooked fowl and a few squares of toasted bread. Shrimps, prawns or pieces of fish may be used instead of the fowl. If fish is used it will require 2 pounds of fresh halibut lightly baked; if shrimps or prawns, about 1 pint. It will be better, if you have a cup of chicken or meat broth to add that also. Serve with rice cooked dry.

Mrs. C. B. Bradley.

FISH

Mrs. Wm. E. Colby, Editor.

CONSERVATION HINTS

The editor wishes to acknowlede her indebtedness to Mr. Grondona of San Francisco, for the information as to local fish.

An increased use of fish, fresh, salted or smoked, is desirable. "Such use not only conserves meat, but whereas cattle and poultry merely convert, for the most part, one available form of food into another, fishes consume animal and vegetable forms unavailable and useless as food for man."

"Fish are often looked upon as not being meat. There is no characteristic difference between fish flesh and the flesh of any other animal. The bulk of it is protein and water. Pound for pound there is nearly, if not quite, as much protein in fish meat as in beefsteak. Fish could be substituted for all other kinds of meat every day in the year without ill effects. Oily fish, like shad, herring, and eels, are especially nutritious, affording a large quantity of fat for fuel as well as the tissue-building proteins. Fish roe generally contains more protein than beef, and some fat in addition. Fish meat is quite as easily digested (i. e., as large a proportion in as short a time) as other forms of meat. It has been recommended as being a highly suitable form of protein for sedentary workers."—Government Bulletins.

Too much stress cannot be laid on the advisability of using our cheaper fish, as sole, Rex sole, sand dabs, hake, rock and black cod and skate. Hake or skate can be substituted for halibut, salmon or crab in any of the made dishes and are very delicate.

They have this advantage over halibut. They are freshly caught in local waters while the halibut that we get is from three to four weeks old.

Halibut and salmon may be canned and therefore we should use them sparingly.

The small periodic consumption of fish is largely responsible for the prevailing high prices in this vicinity. A steady, increased demand for fish, six days in the week, soon would cause a lowering of most of the prices. The fisheries of the United States offer large possibilities for increased food pro-

duction if the people can be induced to eat more fish, especially the kinds that have hitherto not been on the market.

REMEMBER—Salt gives flavor to the fish. Lemon juice or vinegar keep the flesh of a boiling fish firm. Cucumbers, cold slaw, or a green salad, and potatoes or rice, should accompany fish dishes. This is especially true of those species rich in fat, as the Sable fish, or black cod. Fish should always be boiled, broiled or baked. Frying renders the fish tasteless.

FISH CHOWDER

3 tblsp. butter substitute.
4 tblsp. salt pork.
1 large onion, cut small.
2 small potatoes.
1 cup raw fish, flaked.
1 qt. fish stock.
2 small tomatoes.
Parsley.
Salt and pepper.
Cracker crumbs.

Melt butter substitute. Fry pork two minutes over moderate fire; add onion and fry until it begins to color. Add potatoes, cut in cubes; fry three minutes. Add fish, tomatoes and stock. Mix well, bring to boil, season to taste. Simmer for thirty minutes, covered. If desired thick, add crushed cracker crumbs, boil ten minutes more; add parsley and serve.

½ cup cream or scalded milk can be added if desired. Serves four to six persons. M. Tesier.

CIOPPINO (Chẽ-pé-no)

For this recipe use a firm, solid fish, as large sole, striped bass, Rock cod. Do not use halibut or salmon.

2 lbs. fish.
Vegetable oil.
4 tomatoes, or an equivalent in stewed tomatoes.
Garlic.
Parsley, chopped.
Seasoning.

Fry onion, chopped fine, in just enough oil to keep it from burning. It should be a golden brown. Remove pot, add chopped parsley and garlic. Cook five minutes by slow fire. Add the tomatoes, chopped, or the stewed tomatoes and the fish. Stir gently to mix ingredients. Season to taste. Cook over moderate fire twenty to twenty-five minutes. Do not stir fish while cooking. Will serve five or six persons.

Mr. T. Menesini.

FRESH FISH

EAST INDIAN CURRY

½ onion, sliced.
1 tblsp. butter substitute.
1½ tsp. flour.
1½ tsp. curry powder.
1 cup stock or gravy.
1 cup stewed tomatoes.
1 cup hot milk.
1 cup fish.

Fry the onion in the butter substitute. Mix the flour and curry powder and stir in the butter. Add slowly the soup stock or gravy. When it bubbles, add the fish. Simmer an hour. Just before serving add the milk. Serve with rice. Spiced peaches can be served with it also. A. T. Galbraith.

ESCALLOPED FISH

1 cup fish.
1 cup cooked rice.
Grated cheese, if desired.
Salt to taste.
2 cups white sauce.
Crumbs.
Butter substitute.

Mix the fish and rice and white sauce. Put in oiled baking dish. Cover with crumbs mixed with melted butter substiute or cheese, or a combination of both. Bake twenty minutes or until well browned. Mushrooms, corn, peas or hard-boiled eggs may be added to vary the dish. Mrs. Carleton H. Parker.

STEWED FISH (An old Amsterdam Recipe)

6 small white onions, sliced.
1 cup water.
1 parsnip, cut in strips.
½ cup vinegar.
1 nutmeg.
Butter substitute, size of egg.
4 lbs. firm fleshed fish, cut into 2-in. slices.
3 lemons.
1 tsp. salt.
½ tsp. pepper.
½ tsp. ginger.
2 egg yolks.
1 tsp. chopped parsley.

Stew onions and parsnips in water ten minutes. Add fish, salt, butter substitute, pepper, ginger and vinegar. Boil until fish is cooked, about twenty-five minutes.

Grate nutmeg, squeeze lemons and add to beaten egg yolks. When fish is cooked lift out on a dish. If parsnips are not done, cook them until tender and then pour the mixture in which the fish was cooked over the egg and lemon, stirring well. Add parsley, pour over the fish and serve hot or cold. It is especially good cold and is a favorite Sunday evening dish in Holland. Mrs. H. F. Jackson.

FISH SOUFFLE

2 eggs.
1 cup fish.
1 cup white sauce.
Parsley.
Onion juice.
Seasoning.

Stir the chopped parsley and onion juice into the white sauce. Add, while off the stove, the beaten yolks of the egg, slowly. Return to fire and cook one minute. Cool. When ready to bake, stir in the whites beaten stiff, put in oiled baking dish and bake twenty to thirty minutes. Serve at once.

Jeanne Clyti.

FISH TIMBALE

1 cup cooked fish.
½ cup white sauce.
1 egg.
1 egg yolk.
Oil.
Salt and pepper to taste.

Cut fish fine. Run through food chopper. Season well. Add white sauce gradually to obtain smooth mixture. Mix in thoroughly beaten egg and egg yolk. Put in oiled mold. Place in pan with warm water. Bake in moderate oven thirty to thirty-five minutes. Serve with white, cheese or tomato sauce.

M. Tesier.

SPECIAL FISH RECIPES

SABLE FISH

The Sable fish, known in our market as the black cod, is a new fish, with a firm flesh, white and flaky. It has a full rich flavor, while the fats are almost gelatinous in their consistency. There is little waste, as it is almost free from bone and requires but a short time for cooking. It is very acceptable if simply split and broiled.

SABLE FISH CAKES

1 onion, chopped.
1 tblsp. flour.
2 beaten egg yolks.
Butter substitute.
Cold boiled fish, chopped fine.
Pinch of nutmeg.

Fry the onion in 2 tablespoons of butter substitute. When tender add the flour, fish and nutmeg, and stir until it thickens. Add water if necessary. Cook about five minutes. Remove from fire, add egg yolks, beaten. When slightly cooled make into flat cakes and saute in butter substitute.

SABLE FISH A LA CREOLE

1 bell pepper, chopped.
1 tblsp. melted butter substitute.
1 onion, chopped.
½ can tomatoes.
1 cup milk.
2 cups cooked fish.
Seasoning.

Fry the pepper in the butter substitute. Add the onion and tomatoes. Boil ten minutes, or until tender. Remove from stove, add milk and fish, reheat but do not boil Season.

(Salt fish can be substituted).

BOILED COD

3 lbs. fish.
1 cup vinegar.
1 large onion, sliced.
1 bay leaf.
1 lemon, sliced.
½ tsp. salt.
2 cups top milk.
4 egg yolks.
2 tblsp. whole black peppers.
1 tblsp. whole cloves.

Wrap whole fish in cheesecloth. Boil in water to cover, to which has been added vinegar, onion, bay leaf, sliced lemon, salt, peppers and cloves. Cook very slowly until tender. Put on platter.

Beat together milk and egg yolks, cook in double boiler, stirring frequently until mixture thickens slightly. Then add one-third cupful of the stock in which the fish was cooked, lemon juice, salt and paprika to taste. Pour over fish and garnish with sliced lemon and parsley.

M. M. Gauthier, in "Good Housekeeping."

MOLDED COD, Norwegian Style

½ lb. boiled cod.
2 eggs.
½ tsp. salt.
Oil.
Butter substitute.
Pepper.
Lemon juice.
1 cup top milk.

Flake the fish and mix with one egg, unbeaten. Beat the other egg very light and add to the fish. Add salt, pepper and lemon juice to taste. Beat in the top milk slowly. Turn into oiled mold. Place on several folds of paper in a baking pan and surround with water. Cook until firm to the touch, without letting the water in pan boil. Do not brown. Take out of mold and serve with drawn butter sauce made with the water in which the fish was boiled.

Mrs. G. A. Mattern.

SABLE FISH AND TOMATOES

1 lb. fish in one piece.
2 cups stewed or fresh tomatoes.
1 tsp. salt.
1 bell pepper, chopped.
1 bay leaf.
1 clove.
1 onion sliced.
Paprika.

Put fish in pan. Cover with other ingredients. Bake in hot oven twenty minutes.

(Good for casserole).

FILET OF BLACK COD, ANCHOVY SAUCE

Filet of cod.
Corn flour.
Butter substitute.
Mashed potatoes.
Anchovy butter.
Bread crumbs.
Sliced lemon.

Roll filet in flour and saute in butter substitute. Keep well covered. When cooked, spread with anchovy butter, and sprinkle with bread crumbs. Put under flame to brown. Garnish with lemon and serve with potato.

HALIBUT PIE

2 lbs. halibut.
2 medium onions.
1 qt. white sauce.
3 eggs.
Mashed potatoes.

Boil the fish with the onions until done. Hard boil the eggs. Cut fish and eggs in good sized pieces; mix with white sauce; place in baking dish and cover with thick layer of mashed potato. Bake in oven until top is nicely browned.

Mrs. Dolan.

HALIBUT A LA CREOLE

1 slice fish, not too thin.
1 large tomato.
1 bell pepper.
1 onion.
1 tblsp. butter substitute.
½ cup milk.
Salt and pepper.

Place melted butter substitute in baking pan. Lay fish in pan. Cover fish with sliced onion, tomato and pepper. Pour over ½ cup milk. Bake in moderate oven until done (about twenty minutes), taking care not to burn the vegetables. Baste often, adding more milk or water if necessary. Fish can be removed, and gravy made from liquid in the pan.

Mrs. W. E. Colby.

MOLDED HALIBUT WITH BROWN ALMOND SAUCE

1 lb. raw fish.
2 cups soft bread crumbs.
1 cup top milk.
¼ tsp. celery salt.
1 tsp. salt.
4 egg whites.
Dash of curry powder.

Mince fish fine. Cook crumbs and seasoning with top milk until it makes a smooth paste. Add to fish. Fold in stiffly beaten egg whites. Pour into oiled bread tin, set in hot water, bake three-quarters of an hour in moderate oven. Remove from mold and serve with sauce.

¼ lb. almonds.
2 tblsp. butter substitute.
2 tblsp. flour.
1 tsp. salt.
⅛ tsp. pepper.
2 cups top milk.

Blanch and chop almonds fine. Brown in the butter substitute. Stir in flour and seasoning. Add the top milk slowly. Cook until it bubbles. Mrs. S. Hardy Mitchell.

(Can be molded in a ring mold, center filled with peas, or rice, and served with a cheese sauce.—Ed.)

BAKED SALMON IN PEPPER CASES

1½ cups cooked, flaked salmon.
8 bell peppers.
2 tblsp. butter substitute.
Cracker crumbs, or
Left over stuffing or rice.
Milk to moisten.
Seasoning.
Onion juice.

To fish add seasoning and onion juice. Add equal amount of crumbs, or left over stuffing or rice. Moisten with the butter substitute and enough milk to make it fairly moist. Cut the peppers in half lengthwise, remove seeds, and parboil five minutes. Fill with the fish mixture. Put in baking pan, surround pan with hot water. Bake until peppers are soft but not broken (fifteen to twenty minutes).

BAKED SALMON

Slice salmon.
1 onion.
1 bay leaf.
2 cups stewed tomatoes.
Flour.
Seasoning.

Place salmon in pan. Chop onion. Add bay leaf and seasoning to tomatoes. Pour over fish. Bake in moderate oven. If it cooks down too much add water. Thicken liquid in pan with flour and pour over fish. Mrs. Harry Luckenbach.

BAKED HALIBUT

2 lbs. halibut.
6 slices salt pork.
1 onion.
½ bay leaf.
1 pimiento.
4 tblsp. butter substitute.
3 tblsp. flour.
½ tsp. salt.
Dash cayenne.
Bread Crumbs.
Potato.
Sliced lemon.
Parsley.

Place sliced pork, sliced onion and bay leaf in baking pan. Place on this the fish, which has been spread, on the top side, with a paste of the butter substitute and flour, rubbed to a cream. Season with salt and cayenne; cover thickly with buttered crumbs and slices of pimiento. Lay waxed paper over all. Bake in a moderate oven. Remove paper last fifteen minutes of cooking to brown crumbs. Garnish with potato, parsley and lemon.

Mrs. F. E. Menefee.

SALMON LOAF

½ cup milk.
1 cup cooked, flaked salmon.
2 eggs.
1 cup mashed potatoes.
½ cup bread crumbs.
2 tblsp. butter substitute
One-half lemon.
Seasoning.

Mix in a bowl, salmon, melted butter substitute, crumbs, beaten eggs, mashed potato, seasoning and lemon juice. Put into greased ring mold. Bake thirty minutes in hot oven. Serve with egg sauce. Center of mold can be filled with green peas.

Mrs. F. E. Menefee.

SKATE

Skate.
Salt.
Garlic, chopped.
Slices of lemon.
Parsley, chopped.
Paprika.
Vinegar.

Take skate, according to your needs. The dealer will skin it for you. If he does not, immerse the fish for half minute in boiling water and the skin can be easily removed. Put in pot with plenty of briskly boiling water, and plenty of salt. Boil fifteen to twenty minutes. Take fish out and place in large platter. Sprinkle with the garlic and parsley and season with the vinegar and paprika. Lemon juice can be substituted for the vinegar. Garnish with slices of lemon.

Mr. J. Menesini.

BAKED SOLE

1 sole.
Onion.
Celery.
Seasoning.
Vegetable oil.
Parsley.

Split sole down the thread of the dark side, make a pocket and fill with a dressing made of equal quantities of chopped celery and onion fried in oil, seasoning and parsley. Dip fish, when stuffed, in vegetable oil; place in paper bag (or in pan and cover with paper). Bake twenty minutes in hot oven. If baked in bag, serve in that.

Mrs. Cleaveland Forbes.

BAKED FISH

(Use with small sole, Rex sole, sand dabs).

Fish.
Onion.
Garlic.
Seasoning to taste.
Parsley.
Tomatoes.
Oil or butter substitute.

Take whatever fish may be desired and place in baking pan. Chop a little onion, garlic, parsley and tomatoes and spread over the fish. Stewed tomatoes can be used. Moisten with a little oil or butter substitute and bake in moderate oven about twenty minutes. Season to taste with salt and pepper.

Mr. J. Menesini.

SAUCES

FISH STOCK

Bones and skin of fish.
1 onion, sliced.
1 bay leaf.
1 tsp. salt.
1 tsp. pepper.
1 qt. water.

Add all the ingredients together and simmer twenty minutes. Strain; set aside to cool.

M. Tesier.

DRAWN BUTTER SAUCE

1½ tblsp. butter substitute.
2 cups water, or fish stock, or
Water in which fish was boiled.
2 tblsp. flour.
Seasoning.
Lemon juice to taste.

Make drawn butter sauce like white sauce, using the water, etc., instead of the milk and adding lemon juice.

An excellent fish sauce may be made by adding from 1 to 2 cups of cheese, oysters, eggs, or shrimps to white sauce.

Mrs. W. E. Colby.

HORSERADISH SAUCE

½ cup butter substitute.
½ tblsp. vinegar.
¼ cup grated horseradish.
Yolks of 2 eggs.
¼ tsp. salt.
Dash cayenne.

Cook in double boiler, butter, vinegar and egg yolks. Remove from fire, add seasoning, horseradish and a little top milk.

TOMATO SAUCE

2 tblsp. butter substitute.
1 tblsp. flour.
1 tblsp. minced carrot.
1 tblsp. minced onion.
1 bay leaf.
3 cloves.
Parsley.
Seasoning.
½ can tomato, or its equivalent of fresh tomatoes.

Put butter substitute into a saucepan. Add onion and carrot, and brown. Add flour and stir until well mixed. Add tomato and rest of ingredients. Stir until it bubbles, then cook slowly, or in double boiler about thirty minutes, until tomatoes are soft and of desired consistency. Strain through colander.

SHELL FISH

TO PREPARE CLAMS

Clams bought in the market vary from the small white clam found in Tomales Bay to the large Pismo Beach clam. They are not only a meat substitute, but very delicate in flavor and a welcome variation for the diet.

If one digs the clams oneself it is well to put them for twelve hours, more or less, in water with a little salt and some cornmeal, in order to remove as much sand as possible, or they may be cleaned by rinsing through several waters. The necks of the smaller varieties are edible and when chopped or mashed can be added to the chowder, souffle, etc. To ensure freeing the juice from the sand it can be settled in several pots, straining it each time through cheesecloth and taking care not to pour off the sandy dregs. To remove clam from shell, scrub shells well and steam over a very small amount of water in order that the juice may not be diluted.

CLAM WITH CORN

½ green pepper.
1 slice onion.
¼ cup butter substitute.
1 pt. clams.
¾ cup clam juice.
2 egg yolks.
3 tblsp. top milk.
Cracker crumbs.
Sliced lemon.
Parsley.
Fresh grated corn; canned corn can be used.

Clean clams. Discard hard part and necks. Measure, taking an equal amount of corn. Heat clams in their juice until they reach the boiling point. Drain and chop. Strain juice. Chop pepper and onion fine and fry until soft, in butter substitute. Add flour, stirring well. Add ¾ cup clam juice; stir; cook until it bubbles. Beat the yolks, mix with the milk, stir into the clam juice. Heat until the egg thickens, stirring constantly, but do not boil. Add clams and corn. Oil large clam shells or ramekins, put in mixture, cover with sifted cracker crumbs. Dot with butter substitute and brown in oven. Garnish with slice of lemon and parsley.

Mrs. Cleaveland Forbes.

ESCALLOPED OYSTERS AND CORN

½ can corn or equal amount of fresh corn.
1½ cups oysters.
5 crackers, rolled
1 tblsp. butter substitute, melted.
2 tblsp. parsley, chopped.
½ lemon, sliced.
½ lemon, juice only
⅓ lb. grated cheese.
½ cup milk.
Paprika.
Seasoning.

Mix oysters, corn, seasoning, rolled crackers, melted butter substitute, chopped parsley, lemon juice and grated cheese. Put in oiled baking dish; sprinkle top with crumbs, cheese and paprika. Bake in moderate oven twenty minutes. Serve hot, garnished with parsley and sliced lemon.

CRAB COCKTAIL

½ lb. crab meat.
2 tblsp. tomato catsup.
2 tblsp. fresh horseradish.
½ lemon—juice only.
2 tblsp. mild vinegar.
2 tblsp. minced pimiento.
2 tblsp. minced bell pepper.
Salt and pepper.

Mix ingredients in order given. Chill and place in small glasses that have been iced. This will serve six persons.

Mrs. Cleaveland Forbes.

CRAB CREOLE

Meat of 1 large crab.
Or 1 cup flaked crab meat.
2 tomatoes, or 1 cup solid canned tomatoes.
2 chopped onions.
½ cup top milk.
1 bell pepper, chopped.
2 tblsp. butter substitute.
¾ tsp. salt.
Pinch baking powder.
Dash cayenne.
Crumbs.

Chop onion, tomato and pepper fine. Add butter substitute and simmer until vegetables are soft—about thirty minutes. Season; add soda and top milk, turn in crab meat and stir. Pour into oiled baking dish, cover with the crumbs moistened with butter substitute and brown.

Mrs. P. A. Parnell.

DEVILED CRAB

(Skate, Hake, or Sole can be substituted).
1 large crab or its equivalent in cooked flaked fish.
1 small can Del Monte Spanish sauce.
2 tblsp. flour.
1 small onion.
1 egg.
Bread crumbs.
Oil or butter substitute.
Chopped parsley.
Juice of 1 lemon.
Seasoning.
Grated cheese.
Slices of lemon.

Slice the onion. Fry until brown in a little oil or butter substitute. Take from fire. Stir in 2 tablespoons of flour and the Spanish sauce. Cook, stirring over slow fire until it bubbles. Add crab or fish and good cube of butter substitute. with juice of lemon and seasoning to taste. Cook five minutes, stirring carefully. Remove from stove and stir in the beaten egg. Put in shells or ramekins, sprinkle with grated cheese and crumbs. Dot with butter substitute and bake in moderate oven until brown. Garnish with slices of lemon and chopped parsley.

Mrs. V. Quartararo.

CRAB MARYLAND

Meat of 1 crab.
2 eggs, boiled hard.
2 tblsp. Worcestershire sauce.
1½ cups white sauce.
Paprika.
Salt.

To the white sauce add the crab, the eggs, chopped, and the seasoning. Bake in ramekins about twenty minutes.

Mrs. F. J. Solinsky.

DEVILED CRAB

1 crab.
1 tblsp. flour.
1 tblsp. chopped parsley.
1 tblsp. lemon juice.
¼ tsp. pepper.
½ pt. top milk.
1 tsp. mustard.
4 tblsp. butter substitute.
¼ nutmeg, grated.
1 cup grated bread crumbs.
½ tsp. salt.

Heat the top milk in a small saucepan. Thoroughly mix the flour, mustard and 2 tablespoons of the butter substitute and stir into the boiling milk. Boil two minutes. Remove from the fire, add the crab meat and seasoning. Fill ramekins. Sprinkle with bread crumbs and place rest of butter substitute on top of crumbs. Brown in hot oven.

Mrs. L. A. Hicks.

CRAB FLAKES WITH PIMIENTO

4 eggs.
2 tblsp. soft crumbs.
1½ tblsp. minced pimiento.
4 tblsp. butter substitute.
1 cup top milk.
1 cup crab meat.
½ tsp. salt.
1 tsp. lemon juice.
Dash nutmeg.

Boil eggs hard. Chop the whites and mash the yolks. Add the crumbs and pimientos. Stir in the melted butter substitute. Add slowly the top milk and the crab meat and season. Serve as soon as it is smooth and well mixed, on rounds of war bread toasted.

Mrs. Cleaveland Forbes.

CRAB VICTOIRE

1 crab.
1 tblsp. flour or cornstarch.
1 cup soup stock or skim milk.
1 clove garlic.
4 medium onions.
1 egg.
Seasoning.
Cold corn meal mush.
Cracker crumbs.
Butter substitute.

¼ pound fresh shrimps, 1 dozen small oysters, 1 cup fresh mushrooms, 1 tablespoon of butter substitute may be included or not, as desired.

Slice onions. Fry slowly in butter substitute until very brown. Blend in the flour, rubbed to a cream in a little of the liquid. Add the rest of the liquid, and stir until it bubbles. Touch the pan with the garlic, more than an "inch rub" will be too much. Cook in this sauce the crab, oysters, etc., and season. Serve on round slices of corn meal mush dipped in egg and crumbs and browned in the oven in butter substitute.

Mrs. C. W. Merrill.

MUSSELS

Sea mussels are as nutritious and wholesome as clams or oysters and are considered by some to be superior in flavor. They are the most easily digested of foods.

Dead or stale mussels should not be used. If gathering them oneself, take the mussels from the rocks at low tide, and not during a spell of hot weather, which, if they are exposed at low tide to its effect may kill them. The mussels are alive if the shells are tightly closed. Until ready to use, keep covered with a damp cloth in a cool dark place.

MUSSELS A LA INVERNESS

(Especially good for larger mussels).

Mussels.
Clove of garlic.
Parsley, chopped.
Pepper.
Mussel juice.
Crumbs.
Vegetable oil.

Clean and steam mussels. Chop. Save half the shells. Fry the garlic in the oil for three minutes. Add to the garlic the mussels and ¼ their bulk in crumbs. Moisten with the juice and simmer three minutes. Add the parsley and season to taste. Serve hot in the shells. Jeanne Clyti.

STEAMED MUSSELS

Mussels.
Butter.

Wash and clean mussel shells thoroughly; place in closely covered pan with a little water and steam ten to twenty minutes, until they are well opened. Remove the only inedible part, the tuft of black hairs, or byssus. Strain the broth and serve the mussels on a large platter with some melted butter and some of the broth to each person.

OYSTER OMELETTE

25 small oysters.
1 cup crumbs.
3 eggs.
Seasoning.
Butter substitute.

Beat yolks of eggs. Season, add oysters, crumbs and a little melted butter substitute. Fold in stiffly beaten whites. Brown on both sides in a buttered skillet.

Helen P. Gatch.

TOMATO SHRIMP WIGGLE

2 cups shrimps.
1 small onion, sliced.
1 cup cold boiled rice.
1 cup stewed tomato.
⅔ cup milk.
1 tblsp butter substitute.
Seasoning.

Fry onion in butter substitute. Add other ingredients, except the milk. Heat thoroughly. Add milk just before serving.

Mrs. Arthur Brodeur.

SPANISH SHRIMP

1 lb. picked shrimps.
1½ cups boiled rice.
Butter substitute size of egg.
Pepper.
Catsup.

Melt butter substitute. Add shrimps, rice, catsup and pepper. Heat thoroughly. Serve in casserole or patty cases.

SALT AND SMOKED FISH

"Salt and smoked fish contain more nutriment, pound for pound, than when fresh. Salt fish must be freshened before use by soaking in water, flesh side down. Less freshening is required if the fish be boiled, than if fried or broiled. If very salty, the freshening process can be hastened by resting the fish in the water on a wire tray or on a few clean sticks, and if the pieces be thick, by making several deep incisions in the flesh."

SALT FISH CHOWDER

1 cup picked fish.
2 cups sliced raw potato.
1 large onion, sliced.
1 cracker, crushed fine.
2 cups scalded milk.
Salt and pepper to taste.

Place in a pot, alternate layers of fish, onion, potato and cracker. Season. Cover with hot water and boil twenty minutes. Add scalded milk; let boil up and serve.

BROILED SALT FISH

1 piece fish.
1 tblsp. boiling water.
Butter substitute.
Lemon juice.
Cucumber pickle, minced fine.
Pinch black pepper..

Dry fish carefully, rub with butter substitute and broil a nice brown. Lay on heated platter, pouring over it a sauce made of 1 tablespoon butter substitute, melted, 1 teaspoon lemon juice, the boiling water and the pickle.

SMOKED STURGEON, FOR DINNER

1 piece of smoked sturgeon.
1 cup bouillon.
1 egg, hard boiled.
Lemon, sliced.
Parsley.
Flour.
Seasoning.

Place fish in a baking dish and cover with bouillon. (If this is not at hand, dissolve 1 beef cube in hot water). Bake slowly until cooked through. When done remove fish and thicken liquid in pan. Pour over fish. Garnish with egg and parsley.

CREAMED SALT FISH

Fish.
1 cup white sauce.
Seasoning.
1 egg.
1 tsp. lemon juice.

Wipe the fish dry and broil until done but not too brown. Lay on hot platter and pour over it the white sauce, to which the beaten egg, and the lemon juice have been added at the last moment.

SALT FISH PUDDING

2 cups flaked fish, cooked.
1½ cups stale bread crumbs.
⅓ cup butter substitute, melted.
2 cups milk.
2 well beaten eggs.
½ tsp. pepper.
⅓ cup crumbs, moistened in butter substitute.
Grated cheese.

Mix all the ingredients except the ⅓ cup of crumbs and the cheese. Put in oiled baking dish. Cover with the crumbs; sprinkle with grated cheese and bake until brown.

FRIED SALT MACKEREL

Salt mackerel.
½ cup scalded milk.
Butter substitute.

Soak a salt mackerel in water all night. Be sure that only enough salt remains to render it palatable. Dry well and fry in butter substitute. When brown, turn, adding more fat if necessary. When well-cooked pour milk in pan; simmer two minutes over slow fire. Serve on hot platter with the sauce around it.

Mrs. W. E. Colby.

MEAT SUBSTITUTES

Mrs. S. C. Irving, Editor.

The substitutes for meats besides fish are dried beans, lentils, peas, some nuts, milk, eggs and cheese.

It is possible to combine these so as to make many unusual and palatable dishes.

LIMA BEAN LOAF

2 lbs. Lima beans.
1 qt. tomatoes.
Butter substitute.
2 onions.
2 cloves garlic.
Salt, black pepper and cayenne.
Grated cheese.

Wash beans and drain. Pour boiling water over and continue the boiling until tender, without seasoning. Add salt, pepper—black and cayenne, tomatoes, butter substitute, onions—cut fine, cloves of garlic if desired. Cook together until thick. Put in baking dish, sprinkle cheese on top and brown in oven.

Mrs. C. R. Ogilvie.

NAVY BEANS AND CHEESE LOAF

2½ cups cooked Navy beans (1 cup dry).
⅔ cup crumbs.
1½ tsp. salt.
⅛ tsp. pepper.
½ tsp. parsley.
1 egg.
1¼ cups water.
1 tblsp. butter substitute.
1 cup grated cheese.

Mix, put in greased dish. Bake in water in moderate oven three-fourths of an hour.

Prof. Mary Beals Vail.
(Mills College)

CHILI BEANS WITH CHEESE

2 cups red beans.
3 tblsp. fat.
1 cup grated cheese.
Salt, Chili sauce, water if necessary.

Soak the beans over night and cook until tender. Add the fat, salt and Chili sauce to make it taste right, water if necessary, and when very hot, the grated cheese. Take from stove, mix well and serve at once.

Prof. Mary Beals Vail.
(Mills College)

DRIED LIMA BEAN CUTLETS

½ lb. dried Lima beans.
½ cup dry bread crumbs.
½ tsp. salt.
⅛ tsp. pepper
1 egg.
⅓ cup milk.
2 tblsp. minced parsley.
¼ tsp. baking soda.

Soak the beans over night, drain, add baking soda and water to cover. Boil until soft. Drain and mash the beans. Add the crumbs, seasoning, parsley, and half of the egg, which should be beaten. Add milk to moisten if necessary; form into cutlets or croquettes and roll first in bread crumbs, then in the egg diluted with two tablespoonsful cold water, and then again in crumbs. Fry in deep fat or saute, as desired.

Mrs. Franklin Nutting.

LIMA BEANS EN CASSEROLE

1½ cup dried Lima beans.
¼ lb. sliced salt pork.
2 medium sizen onions.
1 cup milk.
Salt.
Pepper.

Soak the beans over night. In the morning boil until soft and drain. Sear the pork in a hot frying pan; remove from pan and add onions sliced. Cook these until soft. In a greased casserole place layer of beans sprinkled with onions, small pieces of pork, and sparingly with salt and pepper; repeat until all is used. Over this pour the milk and bake from 15 minutes to half an hour.

VEGETABLE CHOWDER

6 slices salt pork.
1 can tomatoes.
1 qt. milk.
1 can Lima beans.
2 onions.
4 large potatoes.
1 can okra, if desired.
2 tblsp. flour.
1½ tsp. salt.
¼ tsp. pepper.
½ tsp. soda.

Dice the pork and cook until brown; add onion sliced thin and cooked until softened in the pork fat. Combine the Lima beans and potatoes, cubed, with milk. Add pork and onions and cook until the potatoes are done. Thicken with flour mixed with a little cold milk; add salt, pepper and okra, if desired, and stir in the tomatoes, after adding soda to them and bringing them to the boiling point.

Mrs. Franklin Nutting.

SPANISH BEANS NO. I

2 cups pink beans.
3 tblsp. fat or small piece fat pork.
1 onion, sliced.
2 cups tomatoes.
2 tblsp. vinegar.
2 tblsp. sugar.
¼ tsp. soda.
Salt, red pepper.

Soak beans over night. In morning pour off water, cover again with cold water. Heat, and when it boils add soda. When boiled a few minutes pour off this water and again cover well with water and add the fat, or small piece of fat pork, onion, sliced, tomatoes, vinegar, sugar, salt and red pepper. Boil about three hours. Jessica Wallace.

SPANISH BEANS NO. II

2 cups pink beans.
1 tsp. soda.
1 small onion.
1 clove garlic.
½ green pepper.
2 slices salt pork.
2 large tblsp. salt.
½ Chili pepper or cayenne.

Soak beans over night. Drain, cover with water; bring to boiling point, and add soda. Pour this off and wash. Chop the other ingredients fine. Cover all with water and boil three hours. Mrs. Switzer.

STEWED LENTILS

1 cup lentils.
1 tblsp. butter substitute.
1 tsp. salt.
1 salt spoon pepper.

Wash half pint of lentils. Cover with cold water and soak over night. Next morning cover with fresh boiling water and cook slowly one hour. Drain; return them to the kettle; add butter substitute, salt and pepper; shake for a moment until thoroughly hot, and serve. Mrs. Rorer.

LENTILS AND RICE

3 tblsp. butter substitute.
½ cup lentils.
½ cup milk.
½ cup water.
1 tsp. curry powder.
1 small onion.
1 tblsp. lemon juice.
1 cup boiled rice.
Salt and pepper to taste.

Wash lentils and soak them in milk twelve hours. Melt butter substitute; slice onion and fry a pale brown; add curry powder, milk, water, seasoning and lentils; simmer two hours; add lemon juice just before serving. Serve with hot rice.
Mrs. Chas. R. Thorburn.

SOY BEANS AND RICE

1 lb. soy beans.
2 large onions.
2 large green peppers.
1 slice salt pork.
2 tblsp. olive oil.
6 drops Tabasco sauce.
1 tblsp. Worcestershire sauce.
½ tsp. paprika.
½ tsp. soda.
Salt, boiled rice.

Pick over and wash beans; soak in cold water over night. In the morning, drain, add water to cover, then onions and green peppers sliced, and the soda. Bring to boiling point, then add a tablespoon of salt. Simmer two hours. Add salt pork cut into small pieces, the Worcestershire, Tabasco and paprika. Add more salt if needed. Let this simmer again one hour or until the beans are soft. Then in a small frying pan heat the olive oil until hot, add six tablespoons of the beans with their juice, and with a large spoon or fork crush and mix the beans with the oil. Let this cook for five minutes. Then add it to the rest of the beans. Stir well and serve with rice.

SAVORY BAKED SOY BEANS

2 cups soy beans.
1 small onion.
¼ tsp. salt.
3 tblsp. sugar.
¼ tsp. mustard.
¼ tsp. ginger.
3 tblsp. molasses.

Pick over and wash beans, cover with cold water and let stand over night. Drain in morning, cover with fresh water and boil one hour. Drain and rinse with cold water. In the bottom of bean pot place a small onion; add the beans and seasoning. Cover the beans with water and bake six hours in slow oven, adding more water when necessary. Remove the cover from bean pot during the last hour of baking. Add butter substitute if desired.

MOCK VEAL ROAST

½ pt. lentils.
½ pt. shelled roasted peanuts.
½ pt. toasted bread crumbs.
2 tblsp. salad oil.
Milk, salt, pepper.

Soak lentils over night, drain, bring to boiling point, throw away water. Cover with fresh water and cook until tender, drain again and press through sieve. Add nuts, chopped or ground, salad oil, crumbs and seasonings, with sufficient milk to make the consistency of mush. Pour into baking dish and bake one hour. Beans or peas may be substituted for lentils.

Mrs. Frank Menefee.

VEGETABLE ROAST

1 cup baked soy beans.
1 cup strained, stewed tomatoes.
1 cup boiled rice.
1 cup chopped, raw potato.
1 tblsp. melted butter substitute.
2 cups dried bread crumbs.
1 cup corn, cut from cob, or canned.
1 egg, well beaten.
2 tsp. salt.
2 tsp. baking powder.
¼ tsp. pepper.
1 tsp. minced onion.
½ cup milk.
½ tsp. beef extract dissolved in ¼ cup of hot water.

Mix all ingredients together, using enough bread crumbs to form the whole into a loaf. Bake one hour, basting with one-half cupful of milk in which two tablespoonfuls of butter substitute have been melted. Serve with tomato sauce.

SPINACH AND EGGS

3 bunches spinach.
Oil or butter substitute.
Eggs.
Salt and pepper.

Wash and boil the spinach in well salted water until tender. Drain and put through the meat grinder. Beat eggs (one for each person to be served) and add to the spinach; season and mix thoroughly. Fry one onion in oil or butter substitute until brown, add the spinach and eggs. When the under side is brown turn into another hot, greased pan and brown the other side. Sprinkle the top with grated Monterey cheese and serve, cutting like pie.

Mrs. H. H. Kineger.

NUT ROAST

1 cup dried peas.
2 cups lentils.
½ cup nut meats.
Salt, top milk, bread.

Soak the peas and lentils and drain dry. Cook and run through a colander. Add the nut meats, chopped, and season with the salt and milk. Make half the quantity of dry bread dressing, season to taste. In the bottom of a small baking pan put a layer of the pea and lentil mixture; on top of this put the dressing, then another layer of the peas and lentils. Bake for one hour in a moderate oven; slice and serve with the brown gravy.

Mrs. J. J. Warner.

GREEN SPLIT PEA LOAF

1 cup dry peas.
¾ cup dry crumbs.
1 tsp. minced onion.
1 tsp. minced parsley.
¼ tsp. minced thyme.
1 tsp. salt.
⅛ tsp. pepper.
½ egg.
1 cup water.
Butter substitute.

Soak the peas over night and then cook until tender and add other ingredients. Mix; pack in baking dish; put fat over top; sprinkle with crumbs and bake three-fourths of an hour in a pan of water.

Prof. Mary Beals Vail.
(Mills College)

NUT LOAF

2 cups chopped walnuts.
2 cups bread crumbs or rolled cracker.
1 small onion chopped fine.
1 cup chopped celery.
3 eggs.
Butter substitute size of egg.
Salt and pepper to taste.

Mix thoroughly and shape into loaf. Bake 30 to 40 minutes in a slow oven, basting with hot water and butter substitute.

Mrs. Jas. McV. Mills.

NUT ROAST

1 cup boiled rice.
1 cup chopped nuts.
1 cup cracker crumbs or bread.
1 cup milk.
1 egg, well beaten.
1 tsp. salt.

Turn into greased bread pan and bake in a moderate oven. Serve with tomato sauce.

Mrs. Walter Kant.

NUT ENTREÉ

1 small loaf dry bread.
1 cup broken walnut meats.
4 tblsp. chopped suet.
1 small onion.
Seasoning.

Moisten bread with cold water; add other ingredients; place in greased baking dish and bake forty-five minutes in a moderate oven. To be served alone or as a dressing with meat.

PEANUT FONDU

1 cup peanuts.
1 cup bread crumbs.
1⅔ cups milk.
1 egg.
1½ tsp. salt.
Cayenne.

Grind peanuts in a meat grinder. Mix all ingredients except the white of the egg. Beat the egg white stiff and fold in. Turn into a buttered pudding dish and bake in a moderate oven 30 to 35 minutes. Will make six good servings.

Mrs. Gurdon Bradley.

NUT ROLL

1 cup mashed potatoes.
1 cup chopped walnuts.
1 cup bread crumbs.
1 tsp. salt.
1 onion.
Milk to bind.

Grease pan and bake three-quarters of an hour.

Mrs. R. J. MacFayden.

NUT LOAF

1 cup carrots.
1 cup bread crumbs.
1 cup boiled rice.
½ cup chopped peanuts.
1 cup tomato juice.
Season to taste.

Mix all together and bake or steam.

Mrs. E. Hills.

NUT LOAF

2 cups bread crumbs.
1 tsp. salt.
1 egg.
1 cup chopped nuts.
½ tsp. sage.
Grated onion to taste.

Moisten bread crumbs; add chopped nuts, seasoning and last, a beaten egg. Bake in moderate oven from 30 to 35 minutes.

Mrs. A. L. Hurd.

PEANUT BUTTER GRAVY

2 tblsp. flour.
1 tblsp. butter substitute.
1 tblsp. salad oil.
1 tblsp. peanut butter.
1 cup water.
½ cup milk.

Brown the flour in the frying pan; add butter substitute and salad oil; add the water a little at a time to the peanut butter; then stir into the browned flour. When it is quite thick and ready to take from the fire add the milk, salt and pepper to taste.

Mrs. Nina Rhodes.

MOCK TURKEY

½ lb. bread or cracker crumbs.
¼ lb. butter substitute.
¼ lb. nut meats.
1 egg.
1 pt. hot water.
Salt and pepper to taste.

Put bread and the butter substitute in a bowl and pour the boiling water over it. Then add beaten egg and seasoning and mix all together. Grease a baking dish and sprinkle with cracker crumbs. Put in the mixture and bake in a moderate oven one hour. Serve on a hot platter with brown sauce.

SAUCE—Brown the butter substitute, then add flour and brown it. Add water, salt and pepper, Worcestershire sauce or catsup. Mrs. C. R. Thorburn.

EGG SOUFFLE

3 tblsp. butter substitute.
3 eggs.
3 tblsp. flour.
¼ cup American cream cheese.
½ tsp. salt.
½ cup scalded milk.
⅛ tsp. mustard.
Cayenne pepper.

Melt butter substitute in pan, add flour, salt, mustard and cayenne; rub to a smooth paste and add the milk slowly, stirring constantly. Add cheese. When well cooked, remove from fire and add egg yolks well beaten, then fold in the beaten whites. Put in a baking dish and bake in moderate oven 20 minutes. Serve at once. Mrs. B. E. Meredith.

CURRIED EGGS

2 tblsp. butter substitute.
6 hard boiled eggs.
1 small chopped onion.
1 chopped sour apple.
2 tsp. curry powder.
1 lemon.
6 chopped almonds.
3 tblsp. cornstarch.
2 cups milk.
½ tsp. salt.
Croutons.

Boil eggs until hard; peel and place in cold water until required. Fry onion in butter substitute a few minutes; add curry powder, apple, nuts and cornstarch moistened with milk. Simmer 15 minutes, stirring from time to time. If too thick, add a little white stock or water. Cut eggs in halves and lay them in the sauce until they are thoroughly heated. Remove them to deep, hot dish, strain sauce over them, garnish with croutons and lemon slices.

Mrs. C. R. Thorburn.

STUFFED EGGS

Eggs and oysters, or flaked fish.
Cream sauce.
Pepper.
Salt.
Toast.
Parsley.

Boil the eggs hard—one for each person to be served. Remove shells; cut a slice from the small ends and remove yolks and part of the whites without breaking the outside of the whites. Fill the egg cases with oysters or flaked fish and cream sauce. Cover rounds of buttered toast with the yolks—mashed and seasoned with butter, pepper and salt. Place the eggs, small ends down, on the toast. Serve hot, garnished with parsley. Or the eggs may be placed in pastry shells and served with cream sauce.

EGGS ON TOAST WITH TOMATOES

½ can tomatoes.
1 tblsp. butter substitute.
1 tsp. cornstarch.
5 eggs.
1 tblsp. chopped parsley.
Few drops onion juice.
Salt and pepper.
Toast.

Cook together tomato, butter substitute, salt, pepper and onion juice five minutes. Add cornstarch dissolved in water, then the eggs, slightly beaten. Stir constantly; add chopped parsley. Serve on toast.

Mrs. W. C. Blasdale.

EGGS A LA CASTILIENNE

3 hard boiled eggs.
1 cup stewed tomatoes.
½ cup milk.
1 tblsp. oleomargarine.
1 tblsp. flour.
½ cup strong Eastern cheese.
⅛ tsp. soda.
1 tsp. salt.
Sprinkling of pepper.

Melt oleomargarine, stir in flour, pour on gradually while stirring constantly hot tomato sauce previously mixed with soda. Bring to boiling point; add milk and grated cheese, and when well blended add the finely mashed whites of the boiled eggs, salt and pepper. Pour the mixture over toasted slices of war bread or muffins. Last of all force the yolks of the eggs through a coarse sieve and sprinkle over the dish.

Mrs. George W. Corner.

EGGS WITH TOMATOES

3 eggs.
3 tblsp. butter substitute.
4 even sized tomatoes.
8 rounds buttered toast.
2 tblsp. milk.
1 tblsp. chopped pimiento.
Salt and pepper to taste.
Parsley.

Select ripe tomatoes but do not have them too large; remove stems and cut each in half crossways; remove cores and pips and fry lightly in two tablespoonfuls butter substitute. Have rounds of toast a little larger than tomatoes. Beat eggs in small saucepan; add milk, pimientos, 1 tablespoonful butter substitute, seasoning and stir over fire until creamy and just thickening. Place each half tomato on round of toast, divide egg mixture into round of tomatoes, garnish with parsley and serve hot. Mrs. C. R. Thorburn.

FRENCH COTTAGE CHEESE

When the milk is curdled, do not heat but put in a fine sieve and allow to drip until fairly stiff. To be eaten with acid fruit, served with sweet cream and sugar.

In making the American cheese, the curdled milk should not be heated above blood heat and the milk thoroughly chilled before the whey is drawn off.

ENGLISH MONKEY

1 cup California cheese, in cubes.
1 cup baker's bread, in cubes.
Salt, paprika, tomato catsup.
1 cup milk.
1 egg.

Soak bread in milk. Melt cheese with tablespoonful of milk in double boiler. Add soaked bread and milk. Stir until well mixed. Add little salt, paprika, tomato catsup and finally well beaten eggs. Serve at once on soda crackers or toast. Mrs. F. C. Turner.

ENCHILADA EGGS

1 pt. tomatoes.
1 cup grated cheese.
Butter substitute, salt and pepper.
6 eggs.
1 small onion.

Slice one small onion in drippings and brown. Add tomatoes and boil 20 minutes. Add cheese and boil 5 minutes. Lastly, add the eggs, stirring until the mixture is sufficiently thick. Serve on toast. Mrs. F. C. Torrey.

CORN MEAL NUT PATTIES

1 cup cooked corn meal.
1 slice pimiento.
3 tblsp. chopped nuts.
1 tblsp. chopped pickle.
¼ tsp. baking powder.
Salt, pepper.

Mix, shape and brown in the oven, or saute.

RICE OMELET

1 cup boiled rice.
2 eggs.
1 tblsp. butter substitute.
1 tblsp. warm water.
Dash of white pepper.

Have ready a cupful hot boiled rice (measured after cooking) in which the grains are separate and dry. Beat whites of eggs to a stiff froth, and the yolks until thick. To the yolks add the warm water, salt, white pepper and the rice; then very lightly mix this with the whipped whites. Melt one tablespoonful of butter substitute in a frying pan (a cast iron pan is best), turn in the rice and egg mixture, let stand over a moderate fire for about two minutes to set on the bottom; then transfer to a moderate oven until, when tested with a knife, the blade comes out clean, (about five minutes.).

Mrs. J. J. Warner.

CHEESE SAUCE FOR RICE OMELET

1 tblsp. butter substitute.
1 tblsp. flour.
1 cup milk.
½ cup chopped cheese.
Salt and pepper to taste.

With butter substitute, flour and milk make a cream sauce; add to it the chopped cheese and stir until cheese is melted. Cut omelet in half; spread with about one-third of the sauce; place on it the other half; turn carefully on a hot platter and over it pour the remainder of the sauce.

Mrs. J. J. Warner.

TURKISH PILAF

½ cup washed rice.
¾ cup tomatoes.
1 cup brown stock.
3 tblsp. butter substitute.

Heat stock and tomatoes to boiling point; add rice slowly. Steam until soft, then stir in butter substitute with a fork and keep uncovered to let steam escape.
keep uncovered to let steam escape. Season to taste.

HOMINY CROQUETTES

½ cup hominy.
1 pt. strained tomatoes.
½ tsp. salt.
1 tblsp. butter substitute.
Paprika.

Cook hominy and tomatoes in double boiler until tender. Stir in 1 tablespoonful butter substitute. Cool in shallow dish. Shape in squares, dip in flour, fry brown in any preferred fat. Serve with Cheese Sauce.

CHEESE SAUCE—½ cup thin white sauce, add ½ cup chopped cheese. Mrs. Charles G. Hyde.

CHEESE SOUFFLE

2 tblsp. butter substitute.
2 tblsp. flour.
1 cup milk.
4 eggs.
1 cup grated cheese.
Salt, pepper and cayenne.

Cream butter substitute and flour, add milk, place on stove to let thicken. Then add yolks of eggs, beaten, and cheese. Season and turn into warm chafing dish, stirring into it gently the well beaten whites of eggs. Let cook 20 minutes but do not stir after it begins to boil. Mrs. F. J. Solinsky.

CHEESE FONDU

1 tblsp. butter substitute.
1 cup milk.
1 cup bread crumbs.
2 cups grated cheese.
1 tsp. dry mustard.
2 eggs.
Salt to taste; cayenne.

Put a tablespoonful of butter substitute in double boiler; when melted add cup of fresh milk and cup fine bread crumbs, the grated cheese, a little salt, the dry mustard, and a little cayenne. Stir constantly and just before serving add the eggs, beaten light. J. K. Harano.

CORN MEAL AND CHEESE

3 cups corn meal.
1 tblsp. salt.
2 qts. water.
Fat.
¼ lb. American cheese (1 cup).

Sift corn meal slowly into the boiling salted water, stirring constantly. Boil until thick. Cook in double boiler one hour and remove from fire. Add cheese and stir until cheese melts. Pour into a cold bread pan. When cold, cut into slices and brown in small amount of hot fat. Serve with tomato sauce. Mrs. Gurdon Bradley.

POTATOES WITH CHEESE

Raw potatoes.
Chopped onion.
Cream sauce.
Cheese.
Pimientos.

Dice potatoes to the amount needed; add onion to taste, and parboil five minutes. Make a cream sauce and add cheese to the sauce. Pour over the potatoes and onions. Add chopped pimientos and bake. Mrs. J. J. Warner.

RICE SAVORY (With Cheese)

1 cup rice.
3 tblsp. butter substitute.
2 chopped pimientos.
1 chopped onion.
1 qt. boiling water.
2 tblsp. celery salt or seed.
2 tsp. salt.
½ tsp. paprika.
2 eggs.
1 cup chopped cheese.
Dash of black pepper.

Drop one cupful well washed rice in kettle of boiling water; boil rapidly 5 minutes and drain. While it is boiling, melt in a saucepan the butter substitute and add pimientos and onion; cook slowly about one or two minutes; add rice, and nearly one quart of boiling water, in which celery seed or celery salt has been steeped; add salt, dash of black pepper and paprika. Boil slowly until water is all absorbed; stir in two well beaten eggs and one heaping cupful of chopped cheese. Stir carefully with a fork and serve in a hot dish.

Mrs. J. J. Warner.

MEATLESS STEW

1 tblsp. butter substitute.
2 or 3 bay leaves.
3 or 4 potatoes—parboiled.
Salt and pepper to taste.
1 tblsp. flour, blended with water.
1 pt. boiling water.
4 to 6 small onions.
2 or 3 ripe tomatoes.
3 or 4 cucumbers.
2 green peppers.

Peel cucumbers and slice each into four oblong slices. Cut peppers into small pieces, discarding seeds and inner strips. Melt butter substitute in frying pan and add bay leaves, cucumbers and peppers. Cover. Fry until browned thoroughly on both sides. Add hot water, onions, tomatoes, and seasoning. Cover tightly and cook 45 minutes. Add parboiled potatoes and flour thickening. Cover tightly and cook 15 minutes. Mrs. R. Chester Turner.

TOMATO SAUCE

1 cup canned tomatoes.
1 slice onion.
2 tblsp. butterine.
2 tblsp. flour.
¼ tsp. salt.
⅛ tsp. pepper.

Cook onion with tomatoes 10 to 15 minutes; rub through strainer and add butterine and flour,, to which seasonings have been added. Cook together until thickened.

Mrs. Gurdon Bradley.

ESCALLOPED CHEESE

1 lb. Eastern cream cheese.
1 cup milk.
1 egg.
Bread in broken slices.
Paprika, salt to taste.

Line bottom of baking dish with bread; cover with layer of cheese sprinkled with paprika. Repeat two or three times. Beat egg light, pour into cup of milk and pour over cheese. Bake until cheese is thoroughly melted.

Mrs. Walter H. Seaver.

RICE AU GRATIN

1 cup boiled rice.
½ cup cream sauce.
Grated cheese.

Mix rice and cream sauce well seasoned; put in greased baking pan with generous sprinkling of cheese and bake until brown on top.

Mrs. C. F. Adams.

RICE AND CHEESE

½ cup rice.
½ cup grated cheese.
1 cup milk.
2 tblsp. salad oil.
2 tblsp. flour.
1 tsp. salt.

Boil rice in salted water. Make milk sauce from other ingredients. Add cheese. Pour over rice and serve.

Olive Farrar.

SUBSTITUTE FOR MEAT

2 tamales (fresh or canned).
1 cup chopped olives.
1 can corn.
Cheese.

Mix all together and cover with grated cheese.

Any suitable leftovers from another meal can be added to this dish which will make it very palatable. Bake from 20 to 30 minutes.

Mrs. J. J. Warner.

BLUSHING BUNNY

2 cups grated cheese.
1 cup strained tomatoes.
2 eggs.
1 cup milk.
2 tblsp. butter substitute.
2 tblsp. flour.
½ tsp. salt.
½ tsp mustard.
Pinch of soda, paprika.

Blend butter substitute and flour; add milk and boil. Add seasonings, then tomato to which soda has been added, then cheese and beaten eggs. Cook until thick. Serve on toast or crackers.

Mrs. W. C. Blasdale.

POLENTA WITH CHEESE

2 cups boiling water.
2 cups milk.
1 tsp. salt.
1 cup corn meal.
1 cup grated cheese.
Egg.
Fat.

Heat water and milk to boiling point; add salt and sift in corn meal slowly. Cook over hot water two hours, or put into fireless cooker for three hours. When cooked add cheese, pour into a shallow pan until half an inch thick. When cold, cut into two-inch squares, dip in crumbs, then in egg, and again in crumbs and fry in deep fat. Or roll in flour and sauté in butter substitute. Mustard, cayenne, Worcestershire sauce, may be added if desired.

TAMALE PIE

1 can corn.
1 can Del Monte sauce.
¾ cup corn meal.
1 cup milk.
2 eggs.
1 tsp. Grandma's pepper.
1 tsp. salt.
1 cup ripe olives.

Mix and bake in casserole one hour.

Mrs. Davenport.

BAKED TAMALE

1 can corn.
1 small onion, chopped fine.
1 green pepper, chopped.
Salt, pepper, butter substitute.
1 tblsp. Grandma's Spanish pepper.
12 to 14 ripe olives.
1 cup yellow corn meal.
1½ cups milk.
1 cup tomatoes.
2 eggs.

Mix all together and bake in casserole.

Mrs. T. M. Shearman.

CORN TAMALE

1 cup grated cheese.
1 cup corn meal.
1 cup milk.
1 can corn.
1 can tomato pureé.
1 level tsp. soda.
1 level tsp. Grandma's Chili.
1 level tsp. salt.
1 egg.

Mix corn meal, milk, corn and pureé with soda. Let stand 3 hours. To this add salt, grated cheese, any leftover meat; egg, beaten lightly, adding last the Chili seasoning. Bake in ramekins 30 minutes. Serve with a rich cream sauce in which put 2 heaping tablespoonfuls grated cheese.

Mrs. Frank J. Duffy.

TAMALE LOAF

2 cans tamales.
1 can corn.
1 cup cooked noodles.
1 cup ripe olives.
½ cup grated cheese.

Mix together and bake in oven about half an hour.

Mrs. A. Shafsky.

SPANISH MACARONI

1 lb. macaroni, cooked.
2 medium sized onions.
1 can tomatoes.
2 tblsp. sugar.
1 tsp. Grandma's Spanish pepper. Salt and pepper to taste
1 lb. salt pork, cut in small cubes.

Brown salt pork and onions; add tomatoes, macaroni, salt and pepper, dissolved in water, then sugar. Serve hot.

BEAUREGARD TOAST

6 slices toast.
1 cup milk.
1 tblsp. olive oil.
1 tblsp. corn starch.
½ tsp. salt.
4 hard boiled eggs.
1 small can mushrooms.
2 tblsp. grated cheese.
Dash of black and cayenne pepper.

Make white sauce of the milk, oil, corn starch and seasoning. Stir in diced whites of eggs and mushrooms, cut fine. Have toast ready and turn sauce over it. Force yolks of eggs through coarse strainer and sprinkle over top with grated cheese.

Mrs. F. P. Nutting.

MEATS

Mrs. A. F. Pillsbury, Editor.

Conservation must be the keynote in the use of meats as it is in the use of wheat, flour, sugar and fats. Less meat must be used; and in the choice of cuts those should be selected that are not so suitable for transportation. This involves a freer ordering of the cheaper cuts which require longer and slower cooking, but are just as nutritious. **If we comply strictly with Government orders we will use very little, if any, veal or lamb and no ham or bacon.**

Waste must be avoided in every way. To this end we must first of all be sure of the quality of the meat.

Beef should be of smooth, fine grain, of a bright red color, and well covered with white fat. The fat should be abundant about the kidneys.

Mutton should be firm, juicy, and red in color.

The proper cooking of the different cuts and kinds of meat will also eliminate waste. Beef requires more heat in roasting than mutton. Frequent basting with the fat in the roasting pan is essential.

For the cuts other than roasts casserole and fireless cooking are true conservation methods.

PRIME ROAST BEEF

Sear the roast on both sides before a direct and very hot fire, or in a hot pan. Keep the oven at a good heat for fifteen minutes, then decrease somewhat. Fifteen minutes to the pound is an average allowance. If a very rare roast is desired allow less time. Add no salt until the first half hour's roasting. Baste often.

PORTERHOUSE STEAK

Use the broiler of the gas oven, or the coals of an open fire, at top heat. Expose the steak to the direct heat and sear on both sides as quickly as possible. A thick steak will cook in fifteen minutes; a thin one in ten. Serve at once with salt and butter on a very hot platter. Individual plates must also be hot.

SIMMERED, OR SWISS STEAK

1½ lbs. top round.
2 tblsp. drippings.
1 large carrot.
1 small onion.
Flour.
Salt and pepper.

Dredge steak with flour and bruise well with meat bruiser, or wooden potato masher. Sear quickly in hot fat; place carrots and onion, chopped fine, on top of steak. Add one cup of water and simmer in a covered pan or casserole two hours.

Mrs. Vernice Brand.

STANLEY STEAK AND BANANAS

1 lb. steak.
4 bananas.
2 tblsp .butter substitute.
2 tblsp. flour.
3 tblsp. horseradish.
1 cup milk.
Salt and pepper.
Oil.

Season chopped steak with salt and pepper; form in thin, flat cakes. Peel bananas and pour oil over them. Bake in a quick oven one-half hour, or until brown. Broil or bake meat cakes, and have ready a sauce made by blending flour and fat. Add cold milk, stir until it boils; add salt and horseradish. Serve the cakes on a hot platter with the sauce. Place one browned banana on each cake.

Mrs. Walter H. Seaver.

DIFFERENT MEAT LOAF

1 lb. steak.
1 can tomatoes.
12 nuts.
12 olives.
2 pimientos.
Cornmeal—uncooked.
Seasoning.

Put olives, nuts, pimientoes and onion through the meat grinder. Add meat, salt, pepper and the thin part of the tomatoes; bind with two-thirds cup of corn, and mold. Bake two hours. Serve with tomato sauce.

Mrs. F. E. Menefee.

CHOP SUEY

1½ lbs steak—ground.
1 can tomato soup.
½ bunch celery.
½ pkg. spaghetti.
1 green pepper.
Salt.

Brown the steak in fat, turning briskly with a fork; combine all the ingredients, including cooked spaghetti. Cook en casserole two hours.

Helen P. Gatch.

STEAK, SPANISH

Round steak—small.
2 tblsp. butter substitute.
1 can tomatoes.
½ onion.
Salt, sugar, paprika.
Flour.

Cook sliced onion in hot fat until golden color; add steak dredged with flour, and turn while searing. Cook the tomatoes, salt, sugar and paprika in a separate vessel. Combine all and cook en casserole one hour. Helen P. Gatch.

RICE MEAT BALLS

1 lb. round steak—ground.
¾ cup of rice.
1 cup bread crumbs.
1 can tomatoes.
1 chopped onion.
2 cups water.
Garlic, parsley.
Cayenne, poultry seasoning.

Blend meat, cooked rice and seasoning. Shape in balls. Make a sauce of the tomatoes and water, boiling until they blend. Drop the balls into the sauce and simmer gently two or three hours. Mary F. Underhill.

STEAK EN CASSEROLE

2 lbs. steak.
2 tblsp. drippings.
2 tblsp. flour.
2 carrots.
4 tomatoes, or 1 can.
1 large onion.
½ cup celery.
1 tsp. parsley.
6 ripe olives.
1 pimiento.
1 tsp. salt.

Cut the meat in small pieces; add the sliced carrots, cut tomatoes, onion and parsley minced, the celery, olives and pimiento. Heat the drippings, add the flour (off the fire), stir until smooth and cook one minute. Combine all ingredients and cook en casserole two or three hours. Add the salt after the first hour's cooking. If garlic is desired, rub the dish with it before adding the meat. Gracia S. Pillsbury.

KIDNEY SAUTE

2 beef kidneys.
2 carrots.
2 tblsp. drippings.
2 tblsp. flour.
1 large onion.
Salt and pepper.

Cut kidneys in three-quarter-inch cubes; brown thoroughly in flour and drippings. Add the carrots cut in cubes, the minced onion and seasoning. Simmer for an hour or more. Serve with triangles of toast. Hillside Club War Service Scetion.

CALVES LIVER

1½ lbs. liver.
1 slice bacon, or salt pork.
2 tblsp. butter substitute.
2 tblsp. tomato catsup.
1 onion.
1 tsp. minced parsley.
1 tsp. salt.
⅓ cup water.
Flour.

Cut liver in cubes, dredge in flour, and brown, stirring constantly. Add the water and place in a casserole with the fried bacon or pork, onion and minced parsley. Add the salt after one hour of cooking. Cook two hours in all.

(Old French recipe). Dinaise Menefee.

BEEF HEART

1 beef heart.
2 cups bread or cracker crumbs.
2 tblsp. butter substitute.
1 egg.
2 pieces celery.
1 large carrot.
1 large onion.
2 tblsp. parsley.
Salt and pepper.

Place the heart in well salted water for an hour. Rinse thoroughly and fill with toasted and rolled crumbs mixed with the seasoning, minced onion, parsley and beaten egg. Sew up and place in a covered dish with the carrot and celery and bake two or three hours in a slow oven .

(An old French recipe). Dinaise Menefee.

BRAINS

8 brains.
1 egg.
1 cup bread crumbs.
1 tblsp milk.
3 tblsp. butter substitute.

Wash well and soak until white. Remove the fibre and divide into small pieces. Dip in the flour and roll in egg and bread crumbs. Fry in butter substitute. Serve very hot with a stock gravy. Marion Turner.

BRAINS WITH EGGS

8 brains.
4 eggs.
4 tblsp. milk.
1 tblsp. flour.
1 tsp. parsley, minced.
Salt and pepper.

Blanch brains in boiling water and remove skin and fibre. Beat the eggs and stir in the milk and flour. Mix all the ingredients together and put into a greased pan. Bake twenty or thirty minutes. Marion Turner.

STEAK AND SPAGHETTI, CREOLE

½ lb. round steak.
½ cup spaghetti.
2 tomatoes.
3 tblsp. butter substitute.
1 slice onion.
¼ cup grated cheese.
½ tsp. salt.

Break the spaghetti into small pieces and cook in boiling, salted water twenty minutes, or until tender. Drain and rinse with cold water. Peel and strain tomatoes; mince the onion and cook the two together. Chop or grind the meat and brown in the fat; combine all the ingredients; put in a baking dish, cover with grated cheese and bake for an hour in a slow oven. Mrs. Anna Skaale.

MINCED VEAL AND EGGS

2 cups veal, cooked.
1 pt. milk.
1 tblsp. butter substitute.
1 tblsp. flour.
4 eggs.
4 slices of toast.
Salt and pepper.

Cut the veal in small pieces or grind it. Put the fat in a pan; heat; add flour and stir until smooth; add the milk, stirring constantly. Put in the minced veal, add seasoning and simmer for five minutes. Serve very hot on crisp toast with a poached egg on each. Gracia S. Pillsbury.

MUTTON STEW

1 lb. mutton.
5 white turnips or carrots.
4 potatoes.
1 tblsp flour.
Salt and pepper.

Remove surplus fat and bones. Cut up the meat into small pieces; dredge with flour, and brown in the fat. Put in a casserole, cover with water and simmer one and one-half hours. Add the vegetables, sliced, and the seasoning and cook forty minutes longer. Mrs. B. R. Maybeck.

SWEETBREADS IN PAPER BAKING BAG

4 sweetbreads.
4 tblsp. top milk.
2 tblsp. drippings.
Salt and pepper.

Dust each sweetbread with salt and pepper and pour 1 tablespoonful of cream over each. Slip into a well greased paper bag and cook in a moderate oven forty minutes. Serve on a hot platter in a wreath of parsley or green peas.

N. Soyer.

FRIED SWEETBREADS

4 sweetbreads.
2 tblsp. butter substitute.
1 cup bread crumbs.
1 egg.
1 tblsp. vinegar.
Salt and pepper.
Lemon, paprika.

Wash sweetbreads carefully, trim off the fat and boil one hour in water, salt and vinegar. This should be done the day before serving. Split each lengthwise, season, and dip in beaten egg and crumbs. Fry in hot fat until brown. Garnish with lemon, sprinkled with paprika or minced parsley.

Mrs. Gurdon Bradley.

CREAMED KIDNEYS

8 lamb kidneys.
2 tblsp. drippings.
2 tblsp. flour.
1 onion.
1 tblsp. minced parsley.
Salt and pepper.

Wash the kidneys thoroughly, then place them on the fire in enough cold water to cover. Parboil five or ten minutes. Put in cold water again, remove all skin and gristle and slice in round slices. Heat an iron skillet and put in the fat. Mince the onion and brown in the fat to a gold color. Stir in the flour, off the fire, until it is smooth. Add the kidneys, milk and seasoning. Simmer slowly for twenty minutes and serve hot with toast and green peas. Mrs. Gurdon Bradley.

SHEPHERD'S PIE

2 lbs. mutton (neck or other cut).
2 carrots.
¼ can tomatoes.
Salt, pepper, cloves.
2 tblsp. drippings.
3 stalks celery.
2 tblsp. flour.
1½ cups water.

Cut up the meat and brown in the hot fat and flour. Add water, seasoning and vegetables. Put all in a baking dish and cover with a crust made of:

3 potatoes.
1 onion.
1 tsp. poultry seasoning.
1½ tblsp. butter substitute.
Salt and pepper.

Cook and mash the potatoes, beating very light; add the minced onion and seasoning. Spread on top of the pie and put melted butter substitute in small indentations of the surface. Bake three hours very slowly. Use one burner of gas oven only.

VEAL BIRDS

1½ lbs veal steak.
1½ cups crumbs.
1 onion.
2 tblsp. fat.
2 tblsp. flour.
Salt, pepper, savory.
Vegetables.

Cut very thin meat into four-inch squares; stuff with a dressing of crumbs seasoned with chopped onions and any other vegetables desired, and herbs. Fold or roll, and skewer into place with toothpicks. Brown in fat, turning often; simmer in stock, or tomato sauce, or in gravy made by adding the flour to the fat left in the pan after browning the birds, and 1 cup of water. Cook in a casserole slowly, or the fireless cooker, until tender. Government Bulletin.

LAMB CURRY, WITH RICE

2 lbs. lamb.
1½ tblsp. fat.
1 tsp. vinegar.
1½ tblsp. flour.
Small onion.
Clove of garlic.
Salt, curry powder.

Remove the bones and put them in a pan; cover with cold water and simmer. Vegetables may be added if desired. Fry the minced onion and garlic a golden brown; add the meat, seasoning and stock from the bones. Combine all ingredients and simmer one and one-half hours. Thicken with more flour before serving, if necessary. Boiled rice is served with this dish. Mrs. John Gardner.

GLAZED TONGUE AND TOMATO SAUCE

1 tongue (fresh or pickled).
½ can tomatoes.
1 sliced onion.
1 bay leaf.
12 whole cloves.
½ box gelatine.
Salt, pepper, allspice.

Wash the tongue and put in a kettle of cold water; simmer four or five hours. (Use fireless cooker). When the meat is tender set it aside to cool in the liquid in which it has been boiled. When cold remove the skin, bones and any rough portions. Fasten the tip to the base and place in a round mold. Reheat 1½ pints of the stock, add 1½ cans of tomatoes, and seasoning. Simmer twenty minutes and stir in ½ box of gelatine (soaked). Pour the liquid over the tongue and set aside to cool. Garnish with parsley and stuffed olives.
Mrs. Arthur Cole.

FRICASEE OF LAMBS TONGUES

6 tongues.
3 tblsp. flour.
3 tblsp. butter substitute.
1 onion, or
½ tsp. onion juice.
1 tsp. lemon juice.

Wash tongues; put in boiling water and simmer three hours. Set away to cool. When cool, peel, and add salt and pepper. Roll in flour and fry in hot fat with the minced onion until they are a golden brown. Put in a covered dish and keep hot. Add flour to the hot fat and work smooth; then stir in 1 pint of the liquid in which the tongues were boiled. Add the lemon juice and seasoning. To be served with boiled rice.

Fannie V. Eakle.

FRICANDELLES

2 cups meat—different kinds.
1 egg.
1 tsp. grated onion.
1 tblsp. drippings.
½ cup bread crumbs.
1 tsp. tomato catsup.
Salt and pepper.

Combine all the ingredients; form into discs and broil or bake.

MEAT SOUFFLE

2 cups cold meat—ground.
2 tblsp. flour.
2 tblsp. drippings.
1 small onion—minced.
3 cups milk.
3 eggs.
1 tsp. salt.

Place drippings in iron skillet; add onion, meat, flour and salt, stirring until hot. Add milk and yolks of eggs; cook five minutes and remove from the fire. Beat the whites of the eggs until dry; fold into the cooled mixture; put into a casserole and bake thirty minutes. Serve at once. Mrs. Douglas Ross.

BAKED PEPPERS

Rice.
Meat.
Apples.
Tomato.
4 peppers.
½ cup stock.
Sage.
Salt and cayenne.

Cut off stems of peppers for covers; remove seeds and fill with chopped meat, apple, tomato and rice, seasoned. Cook in the oven twenty minutes, basting with the stock. Serve hot.

Mrs. B. R. Maybeck.

CONSERVATION CUTLETS

2 cups steak or pot roast.
½ tsp. lemon juice.
½ tsp. onion juice.
2 eggs.
¼ cup crumbs.
1 tsp. parsley—minced.
½ green pepper—minced.
4 cloves.
Salt, paprika.

Put the meat in slightly salted water with cloves and paprika and simmer twenty minutes. Grind until it is as smooth as paste; add parsley, green pepper, lemon and onion juice and the beaten egg. Heat this in a pan with the fat and flour, blending all together. Then add a sauce made of:

1 cup milk.
1 tblsp. flour.
1 tblsp. drippings.
Nutmeg.

Heat the milk and mix with the blended fat and flour; add the nutmeg. Moisten the mixture with this; shape into cutlets, dip in egg and crumbs, and fry in deep fat, or broil.

Mrs. Harry Luckenback.

EGG GEMS

1 pt. meat—cooked.
1 pt. bread crumbs.
1 tblsp. butter substitute.
2 tblsp. milk.
Eggs.
Salt and pepper.

Chop or grind meat fine and mix with crumbs, salt, pepper, fat and milk. Heat this mixture and partially fill gem pans. Break 1 egg on each gem and bake until eggs are cooked.

Mrs. T. M.Shearman.

CARNE RANCHERO

2 cups meat—cooked.
2 onions.
2 green peppers.
4 tomatoes, or 1 can.
Salt, paprika.

Slice and fry the onions; add minced peppers and cut tomatoes. Simmer one hour. Add the minced meat; heat thoroughly and serve with fried rice. Mrs. J. T. Allen.

ITALIAN PIE

Roast beef left-overs.
2 large onions.
4 large tomatoes, or 1 can.
2 slices salt pork.
2 cups cooked macaroni.
Seasoning.

Put all in the bean pot and bake slowly two hours.

Hillside Club War Service Section.

MEAT ENCORE

½ lb. cold meat.
2 tblsp. crumbs.
2 cups cooked rice.
1 egg.
1 onion—minced.
1 tsp. parsley—minced.
½ tsp. salt.
⅛ tsp. celery salt.
Water or stock.

Chop meat fine; blend with other ingredients and moisten with hot water or stock. Grease a bowl or baking dish and line it with rice ½ inch deep. Pack the meat in the center, cover with rice and steam forty-five minutes. Loosen from mold and turn out on a platter. Serve with tomato sauce or garnish with fresh tomatoes. Jessie Wallace.

MEAT TURNOVERS

2 cups meat—cooked.
1 slice of onion.
½ cup thick gravy.
½ tsp. parsley.
Salt and pepper.
Biscuit dough.

Grind meat, mince onion and parsley and blend all with the gravy. Roll biscuit dough ½ inch thick, cut into squares. Place 1 spoonful of meat on each, fold into a triangle, crimp edges with a fork, pierce and bake in a hot oven.

Mrs. J. T. Allen.

VEGETABLES

Mrs. Harold W. Fairbanks, Editor.

To aid the Food Administration use freely fresh and home-preserved and dried vegetables and very little of the commercial, dried and canned commodity.

Baked or steamed vegetables retain all their valuable properties.

When boiling vegetables never throw away the water; boil down, if necessary, and save the liquor. This can be added to almost any soup, or it can be made into a delicious and nourishing soup by the addition of left-overs from gravies, vegetables, cereals, etc., and a little thickening. The proper seasoning of a soup of this kind is important.

APPLES CURRIED

6 large apples.
1 tblsp. shortening.
1 tblsp. curry powder.
1 cup brown sugar.
½ lemon.

Halve the apples across core, scoop out cores, melt shortening and sugar, add lemon juice and curry, pour over apples in baking dish, add a little cold water, bake in slow oven.

Mrs. E. L. Halvaes.

ARTICHOKES STUFFED

4 artichokes.
Salt, pepper, garlic.
4 tblsp. bread or cracker crumbs.
2 tsp. grated cheese.
5 tsp. olive oil.

Boil artichokes, separate petals slightly. Mix well other ingredients and drop between petals; press together and hold in place with band of white cotton. Heat in oven.

Mrs. John F. Kelly.

STRING BEANS OR PEAS

Beans or peas.
Soda.
Butter substitute.

Put generous teaspoon butter substitute in dish on stove; add beans or peas and tiny pinch of soda; stir until green, then cover dish very tightly. Cook slowly about twenty minutes. Watch; if too dry add tablespoon water.

Mrs. W. H. Waste.

RED CABBAGE STEAMED

1 medium sized red cabbage.
1 tblsp. fat.
1 tsp. sugar.
Salt and pepper.
1 sour apple.
2 tblsp. vinegar.

Heat fat in stew pan, add cabbage, shredded as for slaw, apple, sliced, vinegar, salt and pepper. Cover closely; cook slowly for one hour. Shake occasionally to prevent burning. Add sugar when nearly cooked. Mrs. H. Heinemann.

SPANISH CARROTS

1 bunch large carrots.
1 small onion.
2 tsp. butter substitute.
1 tsp. sugar or 2 tsp. corn syrup.
1 can tomato sauce.
Hot pepper.
1 tsp. cornstarch.
1 tsp. salt.

Scrape and cut carrots in large cubes. Cut onion fine, boil together with salt until tender, do not drain. Add tomato sauce, sugar, and dash of pepper. Cream butter substitute and cornstarch and thicken. Simmer fifteen minutes.

Mrs. Sophia Salzberger.

CREAMED CARROTS

Carrots.
1 tblsp. fat.
1½ tblsp. flour.
1 tsp. sugar.
½ tsp. salt.
Pepper.
Grated nutmeg.
Milk.
Parsley.

Scrape and slice carrots; cook until tender in small amount of water; add enough milk to the liquor to make 1 cup; add salt, pepper, sugar, grated nutmeg, and thicken with flour rubbed into the fat. Pour over carrots and sprinkle with a little chopped parsley. Prof. Mary Beales Vail.

SPANISH DISH

1 can corn.
1 can tomatoes.
1 scant cup cornmeal.
2 eggs.
1½ cups milk.
1 tsp. Grandma's pepper sauce.
1 tsp. salt.
½ onion.
1 bell pepper.
1 bottle pimolas.

Wet pepper sauce, chop pepper and onion. Mix all ingredients, bake one hour or until set in middle.

Mrs. F. C. Torrey.

CAULIFLOWER, WITH CHEESE

Cauliflower.
1 pt. white sauce.
Cheese (Swiss or American).
Buttered bread crumbs.
Salt and pepper.

Cook the cauliflower, head up, in boiling salted water; drain; put in baking dish in layers with salt, pepper and grated cheese. Pour over white sauce; cover with thick layer of crumbs and bake until brown. If left over cauliflower is used cover baking dish until contents have been heated through. Cauliflower must not be cooked too long—twenty to thirty minutes, according to the size of the cauliflower is sufficient.

Mrs. C. L. A. Schmidt.

CORN TAMALE

½ cup milk.
½ cup tomatoes.
½ cup cornmeal.
1 can corn.
2 eggs.
2 tblsp. butter substitute.
1 small onion.
3 sprigs parsley.
1 pimiento.

Beat eggs, grate onion, chop parsley and pimiento; mix all together and bake one hour in buttered pan.

Mrs. F. J. Solinsky.

CORN PUDDING

1 cup corn.
1 cup milk.
1 egg.
⅓ cup dry crumbs.
1 tsp. salt.
1 tsp. sugar.
1 tblsp. butter substitute.
Pepper.

Mix; pour into greased dish; bake in pan of water until firm. Serve as vegetable.

Prof. Mary Beals Vail.
Mills College.

BAKED EGGPLANT

1 eggplant.
½ cup bread crumbs.
1 tblsp. crisco.
1 egg.
½ cup chopped celery.
½ cup chopped onion.
Salt and pepper.

Pare and cut up eggplant. Cook ten minutes in boiling salted water. Mash, add bread crumbs, salt, pepper, crisco, fold in beaten egg, add chopped celery and onion. Bake in greased dish in moderate oven half hour.

Mrs. F. W. Wentworth.

CORN CROQUETTES

1 cup corn.
1 egg.
1 tblsp. flour.
1 soda cracker.

Roll cracker fine, mix with other ingredients and fry. (Can use 2 crackers and no flour). Mrs. Raymond Perkins.

BAKED CUCUMBERS

6 large cucumbers.
1 small onion.
4 ripe tomatoes.
1 tblsp. butter or substitute.
1 large tblsp. fat.
Bread crumbs.
Salt and pepper.

Split cucumbers lengthwise, scrape inside into dish, pour off water, add half as much bread crumbs as cucumber. Slice and fry tomatoes in large spoonful of fat, add onion, chopped fine, stir in cucumber, crumbs and butter or substitute, fry ten minutes. Wipe shells of cucumbers, fill with mixture, sprinkle with browned crumbs, bake half hour.

Mrs. T. M. Shearman.

FRIED EGGPLANT

Eggplant.
Oil or drippings.
1 egg.
Salt.

Peel eggplant, soak over night in water, wipe dry, dip in beaten egg and fry in oil or drippings in frying pan; salt before turning.

SPLIT PEA PUDDING

1½ cups split peas.
1 egg.
Salt.

Soak or boil peas until tender. Press through a sieve, add salt, yolk and well beaten white of egg. Steam in greased dish or double boiler. Serve hot with cream sauce or meat gravy, or, when cold, dice and serve in soup.

POTATO AND CORN CAKES

1 cup mashed potatoes.
1 egg.
½ cup cooked corn.
Milk.
Butter substitute.
Salt and pepper.

Mix corn, potato and egg well beaten; season with salt and pepper and add sufficient milk so that mixture may be dropped from the spoon. Fry in butter substitute.

Mrs. H. C. Newman.

SMALL HOMINY, BAKED

2 cups cooked small hominy.
2 eggs.
2 cups milk.
Cheese.
Oleomargarine.

Mix hominy, milk and well beaten eggs; put in casserole, Sprinkle with grated cheese and butter or oleomagrarine. Bake until brown. Mrs. E. P. Douglas.

STUFFED PEPPERS

15 sweet peppers.
6 cucumbers.
3 eggs.
1 tblsp. crumbled cheese.
Bread crumbs.
Butter substitute.
Salt and parsley.

Chop cucumbers, parsley and hard boiled eggs fine; mix in cheese, a little butter substitute, salt to taste, and sufficient crumbs to take up liquid. Slit one side of peppers, remove seeds; stuff, tie up and boil until tender. I. K. Harano.

PLAIN BOILED WHITE RICE

Wash white rice in cold water until the water clears. Use one part of rice to one and three-fourths parts of cold water for cooking. Bring to the boiling point quickly, then slow the fire down just enough to prevent boiling over and cook ten minutes. Then turn very low, to steam twenty-five minutes. Do not stir, nor add more water, nor uncover. When done leave in kettle until serving. A flat bottom black iron porcelain-lined heavy kettle is preferred. Season just before removing from the kettle.

MEXICAN RICE

1 cup rice.
4 tomatoes.
1 rounding tblsp. drippings.
3 onions.
3 bell peppers.
Salad oil.
Salt, sugar, paprika.
Worcestershire sauce.

Wash and dry rice, brown in salad oil, stirring constantly; add onions and peppers cut fine, stir until they are soft; add tomatoes cut into small pieces and enough water to cover; season with salt, sugar, paprika and Worcestershire sauce. Cook in slow oven in casserole tightly covered for forty-five minutes, or in fireless cooker.

SPANISH RICE

½ cup rice.
3 large onions.
3 small peppers.
Olive oil.

Slice onions and peppers, fry in olive oil. Boil rice until nearly done, drain well, add to onion and peppers, season and fry slowly until thoroughly brown.

Senora Benicia Vallejo.

POTATOES ON HALF SHELL

6 medium potatoes.
½ cup hot milk.
1 tblsp. butter.
Whites of two eggs.
Salt and pepper.

Bake potatoes, cut in two lengthwise, take out inside; mash well, add milk, butter, salt and pepper. Fold in stiffly beaten whites of eggs. Refill potato shells, bake about 15 minutes. Cheese may be sprinkled on top if desired.

Mrs. J. Dunn.

CHEESE POTATOES

6 large potatoes.
½ cup grated cheese.
Butter substitute.
Salt and pepper.

Bake potatoes, remove ends, scrape out inside without breaking shells, mash, mix with cheese and season with pepper and salt. Refill shells, put on ends and bake fifteen minutes.

Mrs. T. M. Shearman.

SWEET POTATOES AND APPLES, BAKED

6 medium sized sweet potatoes.
3 apples.
Butter substitute.
Brown sugar.

Boil potatoes fifteen minutes; peel and slice. Put in greased baking dish, alternate layers of potatoes and sliced apple, sprinkling apples with sugar and dotting potatoes with small lumps of butter or butter substitute. Bake forty-five minutes.

Mrs. P. B. Fay.

GLAZED SWEET POTATOES

Sweet potatoes.
Light brown sugar.

Cook potatoes in salted water until soft; pare and cut in halves lengthwise; put in greased baking dish; cover with syrup made in proportion of 1 cup sugar to 4 tablespoons of water. Bake until brown.

SWEET POTATOES SUPREME

Sweet potato.
Butter substitute.
Milk.
Whole cloves.
Pepper and salt.

Boil potatoes, peel and mash; add milk and season with salt and pepper. Mold into shape of apples; put clove on top, spread with butter substitute and bake in the oven until light brown.

Mrs. F. J. Solinsky.

SWEET POTATOES

3 cups mashed sweet potatoes.
½ cup brown sugar or syrup.
¼ cup broken walnut meats.
¼ cup butter substitute.
¼ cup raisins.
⅓ tsp. salt.
Cinnamon, nutmeg, marshmallows.

Mix potatoes, sweetening, butter substitute, raisins, nuts, salt, dash cinnamon and nutmeg. Beat until light and fluffy; pile in greased baking dish, dot with marshmallows, and brown.

SWEET POTATO TRIFLES

4 sweet potatoes.
1 cup milk.
1 lemon.
1 tsp. brown sugar.
½ tsp. cinnamon.

Boil potatoes and press through ricer or colander; mix thoroughly with juice of lemon and other ingredients. Form into diamond shapes on baking sheet, brown under a blazer or in hot oven.

RICE AND TOMATOES

6 large tomatoes.
1 cup rice.
1 tsp. butter substitute.
Pepper and salt.

Cook rice, drain, season with pepper, salt and butter. Cut off tops of tomatoes, scoop out some of the center, fill with rice, bake fifteen minutes.

Mrs. Jos. Dunn.

SPANISH TOMATOES

3 large tomatoes.
2 ears green corn, or ½ can.
½ small green pepper.
¼ cup celery.
½ cup cold water.
Salt and pepper.

Peel and slice tomatoes; add ½ cup water, corn, cut from cob, pepper chopped fine, and celery cut into small pieces. Boil twenty minutes. Salt and pepper to taste. (Good with fish.)

Mrs. A. J. Anderson.

SAVORY CANNED TOMATOES

1 can solid tomatoes.
1 cup water.
1 large minced onion.
2 tblsp. olive oil.
1½ tblsp, flour.
1¼ tsp. salt.
¼ tsp. pepper.

Put tomatoes, water and onion in stew pan; cook until tender. Heat olive oil, stir in flour, blend with a little of the hot tomato liquor; pour into the tomatoes, add seasoning, simmer ten minutes. Mrs. Geo. E. Holding.

SCALLOPED TOMATOES

Stale bread.
3 or 4 cups tomatoes.
2 onions.
1 green pepper.
1 to 2 tsp. salt.
Butter.

Slice onions thin; chop peppers fine; mix with tomato and salt. Put layer of cubed and buttered stale bread in bottom of greased baking dish; add mixture; put on layer of stale bread buttered, cover dish and bake slowly for an hour. Uncover to brown. Prof. Mary Beals Vail.

TOMATOES ON TOAST

3 cups tomatoes.
¼ cup peanut butter.
1 to 2 tblsp. onion, cut fine.
2 tblsp. flour.
2 tblsp. fat.
1 tsp. salt.
Pepper.

Brown onion in fat, add flour, peanut butter, salt, pepper to taste, and tomatoes. Cook until thick. Serve on toast.
Prof. Mary Beals Vail.

FRIED TOMATOES

Ripe tomatoes.
Flour.
Milk.
Salt.
Pepper.
Fat.

Cut tomatoes crosswise and sprinkle cut side with flour, salt and pepper. Place floured side down in frying pan with a little fat. Cook slowly ten or fifteen minutes; turn and cook until soft. Remove tomatoes to hot platter. Put into frying pan a little more fat; stir into it a little flour and add milk to make a gravy. Pour over tomatoes.
Anna R. Ash.

SPINACH

Spinach.
Onion.
French dressing.

Cook spinach with a little onion, drain and let stand all day in French dressing; heat and serve.

FRIED SUMMER SQUASH OR CUCUMBER

Summer squash or cucumber.
Oil or drippings.
Flour.
Salt.

Slice vegetables thin; four, and fry in frying pan in hot fat; salt before turning.

TURNIPS A LA BERKELEY

3 cups diced turnips.
2 tblsp. melted butter or substitute.
Parsley.
Salt and pepper.

Cut into half inch dice 3 cups turnips. Cook in salted water, drain and add butter, season with salt, pepper and chopped parsley. Mrs. F. B. Bowman.

VEGETABLE FRITTERS

1 cup either cooked corn, mashed celery root, or parsnip.
½ cup flour.
1 egg.
½ tsp. baking powder.
½ tsp. salt.
Pepper.
Milk.

Sift together flour, baking powder and salt. Beat egg, mix all ingredients, using enough milk to make it drop from a spoon. Fry by spoonfuls in thin layer of smoking hot vegetable fat. Brown both sides. Mrs. Carl L. A. Schmidt.

BREADS

Mrs. Franklin P. Nutting, Editor.

CONSERVATION HINTS

HOW TO SAVE WHEAT—In making bread save wheat by substituting other cereals such as barley, rice or corn flour for a part of the white flour. The use of whole wheat or graham flour saves very little wheat. Watch wastes. Cut bread at the table. Use all crumbs and stale bread in some way. Refrain from using toast as a garniture under meat and vegetables unless it is wholly used when served in this way. Find some way to avoid the waste of sandwiches in school lunches.

When using cornmeal in yeast bread, the best results are obtained when the meal and water, or meal and milk, sweet or sour, are heated together in a double boiler, without stirring, for ten or fifteen minutes. There will be no lumping, and the bread will have a better flavor, will be more moist, and holds together better.

BREAD MAKING

SHORTENING—Shortening may be lard, beef fat, cottonseed oil, or any of the ordinary fats used in cooking.

YEAST—When in good condition, compressed yeast is soft yet brittle, and is the same color throughout—a creamy white. It should have no odor, except that of yeast, which is hard to describe, but familiar to most housewives.

Yeast dough should be kept covered while rising, otherwise a crust will form on top and interfere with the expansion.

When bread is allowed to rise over night, one-quarter of a yeast cake to each pint of liquid used in the mixing is sufficient. Bread mixed and baked during the day requires a whole yeast cake to a pint of liquid. Bread mixed and baked in the daytime may be kept at a uniform temperature while it is rising by setting the bowl containing the dough in a pan of water and keeping the water at a uniform temperature of from 95 to 100 degrees. Or use the fireless cooker.

Good yeast bread should rise to be twice its kneaded bulk. If pans containing loaves ready for the second rising are put

in too hot a place while rising, a heavy streak will be found near the bottom of the loaf.

If bread has risen too long it will be full of holes; if not long enough, it will be heavy and soggy.

BAKING—Bake bread in a moderate oven. Bread should continue to rise for the first fifteen minutes it is in the oven, then it should begin to brown, and continue browning for the next twenty minutes. The last fifteen minutes should finish the baking, when less heat may be used.

Remove loaves from the pan and place side down to cool. If a crisp crust is desired, allow bread to cool without covering; if a soft crust, cover with a towel during cooling. When cool put in a tin box or stone jar and cover closely to keep the bread fresh. Never keep bread wrapped in a cloth as the cloth will absorb the moisture and give the bread an unpleasant taste. Bread tins or jars should be washed and scalded twice a week, or oftener, to prevent the bread from moulding.

USES FOR STALE BREAD

There is probably more bread wasted than any other food. Although bread may be dry and uninviting for ordinary purposes, it holds the same nutritive value as when fresh, and can be used in a dozen different ways.

All bread crumbs left on the plates or bread board or in the bread jar, and many broken pieces not suitable for toast, and any crusts or trimmings of toast, should be carefully collected and dried (not browned) in a moderate oven. They should then be pounded in a mortar or rolled on a bread board, and put away in tight covered dishes in a dry place. These will be useful in covering anything which is to be dipped in egg and crumbs and then fried. Bread crumbs brown better than cracker crumbs, and are much cheaper, being made from material that is usually thrown away. If necessary these may be sifted through a coarse sieve.

Dried bread crumbs should not be used for bread pudding or scalloped dishes, as they absorb too much moisture. Stale bread crumbs that are not dried in the oven, but are made from odds and ends of stale bread, crumbled finely or grated on a coarse grater, are preferable for meat or fish stuffing, bread puddings, bread sauce, bread griddle cakes, scalloped fish, etc.

YEAST BREADS

SWEDISH RYE BREAD

1½ qts. rye flour.
1½ qts. white flour.
1 qt. milk or water.
1 tblsp. salt.
1 cup molasses, or
1 cup Karo syrup.
1 yeast cake.

Scald milk and let it stand until lukewarm. Dissolve yeast in a little tepid water or milk, and add to the lukewarm liquid. Add molasses, salt and flour. Mix in bread mixer, and let it stand until it rises to double its bulk. Karo syrup can be substituted for molasses, if desired. Bake in moderate oven from three-quarters to one hour.

Mrs. Torsjen Peterson.

WAR BREAD

1½ cups yellow corn meal.
3½ cups boiling water.
½ cup molasses.
¼ cup brown sugar.
1 tblsp. salt.
2 tblsp. shortening.
½ tsp. soda, dissolved.
1 yeast cake.
¼ cup warm water.
White flour.

Scald the corn meal with the boiling water and boil three minutes. When lukewarm add the molasses, brown sugar, salt, shortening, soda, dissolved in a little lukewarm water, and the yeast cake, softened in ¼ cup warm water. Mix well, and add white flour to make stiff dough. Let rise over night, and bake as white bread. This quantity makes two loaves and a large pan of rolls.

Anna R. Ash.

WHEAT AND BARLEY BREAD

2 qts. wheat flour—3½ lbs.
1 qt. barley flour—1¼ lbs.
1 qt. water—2 lbs.
1 compressed yeast cake.
2 tsp. salt.

Put the water, yeast and salt into bread mixer, add sifted flour, and stir until evenly mixed. Let rise until pan is full. Make into loaves, and let rise until nearly double the size of dough when put into pans. Bake in moderate oven from three-quarters to one hour. If this is mixed at night it is ready to make into loaves by 7 a. m., and can be baked by 9:30 a. m.

Mrs. R. O. Moody.

WHEAT, CORN AND RYE BREAD

2 qts. wheat flour—3½ lbs.
1 pt. white corn flour.
1 pt. rye flour.
2 qts. water.
1 compressed yeast cake.
2 tsp. salt.

See directions for Wheat and Barley Bread, above.

Mrs. R. O. Moody.

WHOLE WHEAT BREAD

1 cake compressed yeast.
1½ pts. lukewarm water.
1 tblsp. sugar.
1 tblsp. cottolene.
1 large tsp. salt.
Whole wheat flour.

Mix the water with the sugar, melted cottolene and salt, and add yeast. Add one sifter of flour, and mix with spoon. Let stand until light. Then stir into this as much flour, either whole wheat or white, as you can with the spoon. Let stand over night. In the morning press dough down, but do not stir. Put into greased pans to rise again. Bake in moderate oven forty minutes. This makes two large loaves.

Mrs. E. G. Witter.

OATMEAL BREAD—NO. I

2 cups oatmeal.
3 cups boiling water.
1 tsp. salt.
2 tblsp. brown sugar.
2 tblsp. molasses.
½ yeast cake.
4 cups flour.

Pour boiling water over oatmeal and stir until almost cool. Add salt, brown sugar, molasses, yeast cake and flour. Let rise over night. In morning spoon lightly into muffin pans, and bread tin. This makes one dozen muffins and a small loaf.

Mrs. Frederick P. Gay.

OATMEAL BREAD—NO. II.

1 yeast cake.
½ cup lukewarm water.
2 cups boiling water.
2 cups steel-cut oats.
2 tblsp. melted shortening.
¼ cup brown sugar.
1 tsp. salt.
4 cups flour.

Pour boiling water over oatmeal; add sugar, salt, shortening. When lukewarm, add yeast and two cups flour. Set in warm place to rise. When light, add flour necessary to knead, and let rise again. Make into loaves, and when light bake as ordinary bread. Brown quickly, and then bake slowly.

RYE-CARAWAY BREAD

1 cup scalded milk.
1 cup boiling water.
2 tblsp. shortening.
1 tsp. salt.
1 yeast cake.
¼ cup lukewarm water.
1 cup white flour.
5 cups rye flour.
1 tblsp. molasses.
⅓ tblsp. caraway seed.

By using the whole yeast cake this bread may be mixed, raised and baked in about five hours. After first rising, while kneading, add ⅓ tablespoon of caraway seeds. Shape, let rise again and bake in a loaf.

ROLLED OATS BREAD

1 cup rolled oats.
2 cups boiling water.
½ cup New Orleans molasses.
1 compressed yeast cake.
½ cup warm water.
1 small tsp. salt.
3½ cups white flour.
1 cup graham flour.

Add the boiling water to the rolled oats, and let cool. Add ½ cup molasses, or less. Dissolve yeast cake in ½ cup warm water, and add to mixture, together with salt and flour. Mix well, and let rise until it has doubled in size. Bake one hour in a moderately hot oven.

Mrs. J. O. Sully.

RICE BREAD

2 cups white flour.
1 cup cooked rice.
1 cup lukewarm milk and water.
1¼ tsp. salt.
1 tblsp. sugar.
½ yeast cake.

Steam rice in one-half of the liquid until soft. Put sugar, salt and remaining liquid into a bowl. Add yeast and ½ cup flour. Allow to rise until very light. Add boiled rice, cooled, and the remaining flour, making a very thick dough. Let rise until doubled in bulk. Form into loaf, and allow to double in size again before baking.

RAISED GRAHAM MUFFINS

1 cup graham flour.
1 cup white flour.
2 tblsp. sugar.
1 tsp. salt.
½ yeast cake.

Mix dry ingredients with water enough to make stiff batter. Add yeast and let stand over night.

Mrs. J. L. Wilson.

ENTIRE WHEAT BREAD

2 cups scalded milk.
¼ cup sugar, or
½ cup molasses.
1 tsp. salt.
1 yeast cake.
¼ cup lukewarm water.
4⅔ cups coarse entire wheat flour.

Dissolve yeast cake in lukewarm water, add sugar, salt and milk, which has been allowed to cool. Add the flour, and beat well. Let rise to double its bulk and again beat well. Then turn into greased bread tins or gem pans, one-half full. Let rise to top and bake. During the last rising it should not quite double its bulk. K. Park.

RAISED NUT BREAD

6 cups whole wheat flour.
2 cups white flour.
1 cup graham flour.
1 cup brown sugar.
1 pt. scalded milk.
1 pt. water.
1 cake compressed yeast.
1 tblsp. salt.
1 cup chopped nuts.

Mix together the sugar, salt, milk and water. Add yeast, first dissolved in warm water, and then add the flour gradually. Let rise over night. In the morning add one cup chopped nuts, mold into loaves, let rise again, and bake one hour.

QUICK BREADS

Try substituting corn flour for one-third of the white flour in any baking powder biscuit or bread recipe. Graham, bran, barley, rye or any other dark flour may be substituted in the same way.

In many common recipes sour milk may be substituted for sweet milk. One pint of thick sour milk will require a level teaspoonful of soda to neutralize it. If more is added, a portion of the soda will not be neutralized, and after baking it will give an unpleasant taste and odor, and a greenish color. If milk is sour, but not thick, the best results are obtained by adding half the quantity of soda, and then adding to the mixture, just before it is baked, a level teaspoonful of baking powder. Sour cream will take the place of both butter and milk. Buttermilk may be substituted for sour milk, provided it is sour.

ROMAN MEAL BREAD

2 cups Roman meal.
1 cup white flour.
½ tblsp. molasses.
1½ tsp. baking powder.
1½ cups milk (sweet).
½ tsp. soda.
1 tsp. salt.

Dissolve the soda in the milk, add salt, molasses, flour, and baking powder. Sour milk may be used by adding a little more soda, and using less baking powder. Bake in a slow oven.

Mrs. Orville D. Adams.

PUMPKIN CORN BREAD

1½ cups corn meal.
½ cup whole wheat flour.
1 tsp. salt.
3 tsp. baking powder.
⅓ tsp. soda.
2 cups pumpkin, fresh cooked or canned.
½ cup sugar.
1 tblsp. hot water.
1 egg.
1 cup milk.

Mix well together the cornmeal, flour, salt and baking powder. Beat the soda, sifted, into the pumpkin, which has been mixed with the hot water; then add the egg beaten lightly, the sugar and the milk. Add all to the dry ingredients, and beat together well. Place in greased pans and bake in a moderate oven until brown. This will fill two round layer-cake pans.

Mrs. R. L. Reid.

HOMINY BREAD

1 pt. hominy, cooked.
1½ pts. white corn meal.
1 tsp. salt.
1 pt. milk.
1 tblsp. butter substitute.
4 eggs.

Add the cornmeal to the hot hominy. Add salt, butter and scalding milk. Add beaten yolks. Fold in whites last. Bake in rather quick oven. This amount serves eight persons.

Mrs. T. M. Shearman.

PRUNE BREAD

2 cups sour milk.
1¼ cups molasses.
1 cup white flour.
1 tblsp. cooking oil.
1 tsp. soda.
1 tsp. salt.
1 pt. prunes.
Graham flour.

Mix together the molasses and sour milk. Add the soda, salt, and cooking oil. Add prunes, which have been steamed and cut up. Mix in enough graham flour to make stiff batter. Bake forty minutes.

Mrs. Charles G. Hyde.

RYE BREAD

2½ cups very sour milk.
⅔ cup molasses.
2 cups rye flour.
1 cup yellow corn meal.
2 tsp. soda.
1 tsp. salt.

Dissolve 2 even teaspoons soda in hot water, add salt, sour milk, molasses, and then the flour. Put in pans and set in warm place to rise for one hour, or until light. Then bake one and one-fourth hours in moderate oven.

Mrs. Raymond S. Perkins.

"RYE AND INJUN"

1¾ cups sweet milk.
3 tsp. baking powder.
¼ tsp. soda.
½ tsp. salt.
½ cup molasses.
1½ cups rye flour.
1½ cups corn meal.

Sift the dry ingredients; add the milk to the molasses, and stir the mixture into the dry ingredients. Mix well, and steam in a double boiler two hours. This quantity makes one good sized loaf or two small ones. Steam large loaf two hours, or small one one and one-half hours. Turn out on tins and set in hot oven a few minutes to dry. Serve at once. If sour milk is used, 2 cups will be required, with ¾ teaspoonful of soda and 1 teaspoonful of baking powder.

Mrs. E. W. Barnhart.

RYE LOAF

2 cups rye flour.
1 cup white flour.
3 tsp. baking powder.
1 tsp. salt.
1½ cups milk.
2 tblsp. sugar.

Mix the rye and white flour. Add the sugar, baking powder, and salt. Mix into a soft dough by adding the milk. Bake in slow oven for one hour.

Mrs. A. L. Hurd.

ROLLED OATS BREAD

1 cup cooked rolled oats.
2 tblsp. molasses.
1 tblsp. brown sugar.
1 cup white or whole wheat flour.
2 cups graham flour.
3 tsp. baking powder.
1 tsp. salt.
1 cup milk.

Mix in order named, and bake about one and one-quarter hours. Excellent for sandwiches.

Mrs. W. E. Miles.

BRAN BREAD—NO. I

1½ cups flour.
1 tsp. salt.
2 tsp. baking powder.
1½ cups bran.
¾ cup molasses.
¾ tsp. soda.
1⅓ cups sour milk.
½ cup seedless raisins.

Sift together flour, salt and baking powder. Add the bran, and then the molasses. Dissolve the soda in the sour milk and add. Then add raisins and mix thoroughly with a spoon. Bake forty-five minutes in moderate oven.

Mrs. T. P. Dresser.

BRAN BREAD—NO. II

1 cup bran.
1 cup Roman meal.
½ cup white flour.
1 tsp. salt.
2 cups sour milk.
1 tblsp. molasses.
2 tblsp. shortening.
1 tsp. soda.
2 eggs.

If sweet milk is used in place of sour, omit soda and use 2 teaspoonfuls baking powder. Dissolve the soda in warm water, add the salt, molasses, sour milk, melted shortening, and then the flour. Add the eggs last. Mrs. J. W. Stirling.

SPOON BREAD—NO. I

1 cup corn meal.
½ cup boiled rice.
2 tblsp. melted shortening.
1 pt. milk.
1 tsp. baking powder.
½ tsp. salt.
2 eggs.

Scald the corn meal with boiling water; add a little milk, then the boiled rice, shortening, salt, and the remainder of the milk. If wanted for lunch, mix the above after breakfast, and let it stand until ready to bake. Then add the beaten eggs and the baking powder. Bake about half an hour.

Gertrude Hemme.

SPOON BREAD—NO. II

1 qt. skimmed milk.
1 cup yellow corn meal.
1 egg.
½ tsp. salt.

Bring milk to boiling point in double boiler. Stir in corn meal mixed with a little cold milk. Stir until thick. Add salt and beaten egg. Bake twenty to thirty minutes until set.

Mrs. E. V. Matignon.

BROWN BREAD—NO. I

1 egg.
1 tblsp. melted lard.
1 cup brown sugar.
¼ cup molasses.
1 tsp. soda.
1 cup sour milk.
Graham flour.
Nuts.
Raisins.

Break the egg into a bowl and add the melted shortening. Add the sugar, molasses, sour milk, soda, and enough graham flour to make a soft batter. Add nuts and raisins to taste. Bake forty-five minutes in slow oven.

BROWN BREAD—NO. II

2 cups bran.
1 cup white flour.
½ cup molasses or syrup.
2 cups thick sour milk.
½ tsp. salt.
1 tblsp. melted drippings.
1 tsp. soda.
2 tsp. baking powder.
½ cup raisins or figs.
½ cup nuts.

Dissolve soda in a little hot water; add the sour milk and molasses, salt, shortening, flour, baking powder, and nuts and raisins or figs, well chopped. Mix well and bake one hour.

Mrs. E. Kueffer.

BROWN BREAD—NO. III

2½ cups graham flour.
1 cup white flour.
¼ cup brown sugar.
¼ cup molasses.
1 tblsp shortening, melted.
½ cup raisins.
1 tsp. salt.
2 tsp. soda.
1 pt. sour milk.

Mix dry ingredients together, then add liquids. Let stand one hour to rise, then bake one hour. Mrs. I. K. Harano.

BOSTON BROWN BREAD—NO. I

2 cups corn meal.
2 cups rye meal.
1¼ cups molasses.
2¾ cups milk or water.
1¼ tsp. soda.
1¼ tsp. salt.
1 cup raisins.

Mix in order given and steam three hours. Old New England recipe. Mrs. C. C. Hyde.

BOSTON BROWN BREAD—NO. II

1 qt. sour or sweet milk.
2 cups yellow corn meal.
¾ cup New Orleans molasses.
2 cups graham flour.
2 tsp. soda.
½ tsp. salt.

Mix in order given, and steam three hours in round baking powder cans. Mrs. MacFadyen.

BOSTON BROWN BREAD—NO. III

1 cup rye meal.
1 cup corn meal.
1 cup graham flour.
1 cup sugar.
¾ cup molasses.
¾ tsp. soda.
1 tsp. salt.
2 tblsp. crisco.
1¾ cups sweet milk.
Raisins or dates.

Mix dry ingredients. Dissolve soda with 1 tablespoonful of hot water. Add to molasses. Add milk and mix with flour. Put in greased baking powder tins and steam three hours. This will fill four one-pound baking powder tins. Keeps well and can be re-steamed when wanted. Mrs. F. W. Wentworth.

STEAMED CORN BREAD—NO. I

1 egg.
1 tsp. shortening.
3 tblsp. brown sugar.
1 cup corn meal.
2 cups wheat flour.
1 tsp. soda.
1 tsp. salt.
1 cup or more thick sour milk.

Mix in order given, steam two hours. Mrs. J. L. Clymer.

STEAMED CORN BREAD—NO. II

2 cups corn meal.
1 cup flaked oats.
2 cups sour milk or buttermilk.
½ cup brown sugar.
1 level tsp. salt.
1 level tsp. soda.
Raisins.
Nuts.

Mix in order given, and steam three hours.

WHEATLESS CORN BREAD—NO. III

1 cup corn meal.
1½ cups boiling milk.
1 tblsp. shortening.
1 tblsp. sugar.
2 tsp. baking powder.
½ tsp. salt.
1 egg.

Pour hot milk on shortening, and let stand until cold. Add other ingredients, beating yolk and white of egg separately. Add the white last. If eggs are very small two will be necessary. Mrs. H. L. Courtam.

SOUTHERN CORN BREAD—NO. IV

1 cup yellow corn meal.
½ cup white flour.
½ tsp. salt.
1 tblsp. sugar.
1 tsp. baking powder.
1 cup milk.
1 tblsp. melted shortening.
1 egg.

Sift corn meal, white flour, salt, sugar and baking powder into a bowl, and add the milk, melted butter, and well beaten egg. Mix well and bake in gem pans, well greased, for twenty minutes. Mrs. J. C. Merriam.

CRACKLING CORN CAKE

¾ cup corn meal.
1 cup wheat flour.
¼ cup boiling water.
½ cup brown sugar.
2 cups buttermilk.
1 tsp. soda.
1 tsp. baking powder.
¼ cup cracklings.

Cracklings are the scraps left over after trying out the fat.

APPLE CORN BREAD

⅞ cup corn meal.
½ cup flour.
1 tsp. salt.
1 tblsp. molasses.
¾ cup buttermilk.
½ tsp. baking powder.
1 tblsp. melted shortening.
3 medium sized apples.
½ tsp. soda.

Mix all the dry ingredients together thoroughly; add the buttermilk, molasses and shortening, and mix well. Pour into a shallow greased tin, and place the apples, peeled and cut in eights, over the top. Bake in a hot oven three-quarters of an hour. When done dust with powdered sugar.

GRAHAM BREAD—NO. I

2 cups graham flour.
1 cup rye flour.
1 heaping tsp. salt.
1 tblsp. brown sugar or molasses.
2 tsp. baking powder.
2 cups milk.

Mix dry ingredients, add milk and stir quickly into smooth dough. Bake in single loaf pan, one hour, in a slow oven.
Mrs. J. T. Allen.

GRAHAM BREAD—NO. II

2 cups graham flour.
1 cup white flour.
½ tsp. salt.
⅓ cup molasses.
1⅔ cups sour milk (solid is best).
2 even tsp. soda.

Mix thoroughly and start in cool oven. After fifteen minutes increase heat. Bake one hour. Mrs. C. E. Bancroft.

GRAHAM NUT BREAD

¾ cup cold water.
½ cup brown sugar.
½ cup molasses.
¾ cup milk.
2 cups graham flour.
1 cup white flour.
1½ tsp. salt.
2⅓ tsp. baking powder.
¾ tsp. soda.
¾ cup chopped walnuts.

Pour the water over brown sugar to dissolve any lumps, and add molasses and milk. Sift together the dry ingredients and mix, adding ¾ cup of walnuts cut up. Bake one and one-half to two hours. This quantity makes one loaf, baked in bread tin.

K. Park.

WINCHESTER NUT BREAD

¾ cup boiling water.
½ cup brown sugar.
½ cup molasses.
¾ cup milk.
2 cups graham flour.
¾ cup walnut meats, chopped.
1 cup white flour (unsifted).
3 level tsp. baking powder.
1½ tsp salt (level).
¾ tsp. soda (level).

Pour the water over the sugar, add the molasses and the milk. Mix the dry ingredients and add to the other mixture. Add the nuts last. Bake about one hour in a moderate oven.

Mrs. L. S. Burchard.

RYE NUT BREAD

2 cups rye flour.
1 cup white flour.
½ tsp. salt.
5 level tsp. baking powder.
2 cups chopped walnuts.
¼ cup sugar.
1 cup milk.
1 egg beaten light.

Mix in order given. Form in loaf. Knead well; place in oblong tin. Let stand twenty minutes and bake in moderate oven fifty minutes.

Mrs. J. P. McMillin.

NUT BREAD

1 large cup whole wheat flour.
1 large cup graham flour.
2 tblsp. brown sugar.
1 cup chopped walnuts.
2 tsp. baking powder.
1 tsp. salt.
1 large cup milk.
1 egg.

Mix in order given, adding a little more milk if necessary. Bake in brick loaf for three-quarters of an hour.

Mrs. C. S. Downes.

COCOA BREAD

1 pt. milk.
3 pts. flour.
1 egg.
1 cup raisins and walnuts.
1 cup cocoa.
1 tblsp. salt.
1 cake yeast.
¾ cup Karo syrup.
¼ cup oil.

Scald milk; add cocoa. When cool add yeast and 1 tblsp. Karo syrup or sugar. Make batter by adding flour. Let rise until light (about one and one-half hours). Beat eggs, add the rest of the sugar, oil, salt, raisins, walnuts, and enough flour for stiff dough. Knead well and let rise until double in bulk. Mold into loaves and when light bake one hour in moderate oven. Enough for two large loaves.

HOT BREADS, ROLLS, MUFFINS, ETC.

BAKING POWDER BISCUITS

1 pt. pastry flour.
½ tsp. salt.
4 level tsp. baking powder.
2 tblsp. Mazola oil.
Milk.

Sift the dry ingredients together, adding Mazola mixed in ½ cup of milk. Add more milk to make a dough as soft as can be handled. Bake in quick oven.

RYE BISCUITS

1 cup rye flour.
1 cup white flour.
Milk to make a soft dough.
1 tblsp. crisco.
1 rounding tsp. baking powder.

Mrs. Wm. R. Thorsen.

PARKER HOUSE ROLLS

1¼ cups white flour.
¾ cup corn meal.
4 tsp. baking powder.
1 tblsp. sugar.
¼ tsp. salt.
2 tblsp. shortening.
1 egg.
½ cup milk.

Sift the dry ingredients together and chop in the shortening. Add 1 well beaten egg to ½ cup of milk. (Milk should be scalded and then cooled). Stir all together, making a soft dough. Add more milk if necessary. Roll one-half inch in thickness, cut with biscuit cutter, and fold over like Parker House rolls. Bake fifteen minutes.

BREAD CRUMB MUFFINS

1 cup bread crumbs.
1 cup milk.
1 egg.
¼ tsp. salt.
1 rounded tsp. baking powder.
1 rounded tblsp. shortening.
Flour.

Mix ingredients, adding enough flour to make right consistency, probably about two heaping tablespoonfuls.

Mrs. J. J. Warner.

CORN BREAD (With Mashed Potato)

1 cup corn meal.
2 tsp. baking powder.
1 tsp. salt.
2 tblsp. sugar.
1 cup milk.
1 egg.
1 cup mashed potatoes.

Mix dry ingredients. Mix milk, beaten egg and mashed potatoes. Combine the two mixtures in smooth dough and bake in quick oven.

Mrs . J. T. Allen.

GRAHAM WAFERS—PAPER THIN

Sour cream.
Salt.
Soda.
Graham flour.

Add to sour cream enough soda to sweeten. Add salt. Stir in graham flour until stiff enough to roll. Use graham flour to dust the board. Cut and bake, then sprinkle with salt.

Mrs. J. T. Allen.

FOREST HALL CORN STICKS

1 cup corn meal.
¾ cup flour.
3 tsp. baking powder.
½ tsp. salt.
½ cup hot boiled hominy.
¼ cup shortening.
1 cup milk.
1 egg.

Sift the dry ingredients together, then add the hominy (to which the shortening has been added), the milk, and well beaten egg. Turn into well-greased bread stick pans. Bake in moderate oven twenty minutes.

FRIED BREAD

Bread.
1 egg.
½ cup water.
1 tsp. sugar.
¼ tsp. salt.

Beat egg into water, add the sugar and salt. Dip slices of bread into the mixture, leaving until fairly soft. Fry until brown. Serve hot with syrup, for breakfast.

RYE POPOVERS

⅔ cup rye meal.
⅓ cup flour.
¼ tsp. salt.
1 cup milk.
2 eggs.
1 tsp. shortening.

Mix and sift dry ingredients. Add milk gradually, also shortening, then eggs well beaten. Beat two minutes with egg beater. Turn into hissing hot gem pans, and bake in hot oven, from thirty-five to forty minutes.

CORN DODGERS

1 pt. corn meal.
1 tblsp. shortening.
1 tsp. salt.

Scald corn meal with sufficient hot water to hold shape when dropped on greased pan with tablespoon. Bake in quick oven. Sufficient for six persons. Mrs. T. M. Shearman.

FRIED OAT MEAL

1 pt. boiled rolled oats.
2 eggs.
1 tsp. baking powder.
¼ tsp. salt.

Add the beaten eggs to the rolled oats, add the salt and baking powder; mix thoroughly, make into cakes, and fry.

CORN WAFERS

1 cup corn meal.
½ cup white flour.
3 tblsp. sugar.
¼ tsp. salt.
1 tsp. baking powder.
¼ cup shortening.
Milk or water.

Mix dry ingredients together, adding enough milk or water for soft dough. Drop from a spoon on greased pan, and bake fifteen or twenty minutes. Should be about the thickness of cookies. Mrs. A. J. Thompson.

DANDY CORN GEMS

2 cups corn meal.
2 cups corn flour.
1 tblsp. shortening.
2 tsp. baking powder.
½ tsp. salt.
2 eggs.
2 cups milk.
1 tblsp. brown sugar.

Sift the corn meal and corn flour together, and add the shortening. Pour enough boiling water over this to mix thoroughly. Add a little milk to cool it. Beat in the eggs and add the sugar, then the remainder of the milk; add the baking powder, beating well. Mrs. M. Williams.

ROMAN MEAL MUFFINS

1 egg.
1 cup milk (sour preferred).
1 tblsp. sugar.
1 or 2 tblsp. butter substitute.
¾ tsp. soda.
2 tblsp. syrup.
¼ tsp. salt.
1½ cup Roman meal.
½ cup flour.

Camille Coady.

CRACKLING CAKES

1 pt. corn meal.
½ pt. cracklings.
1 tsp. salt.
Boiling water.

Mix corn meal and salt, and pour over mixture enough boiling water to moisten. When cool work in the cracklings. Form into cakes 4x2x1 inch. Bake thirty minutes. Should be eaten without butter, and served very hot.

U. S. Nutrition Expert.

OAT CRACKERS

2 cups rolled oats.
3 tblsp. oil.
½ tsp. salt.
Water.

Rub well together with the hands, adding sufficient boiling water to make a very stiff dough. Roll thin on board with a little whole wheat flour. Cut any shape and bake in slow oven until light brown and very crisp.

Bertha H. Fairbanks.

FIG MUFFINS

2½ cups white and rye flour.
1 tsp. salt.
1 tsp. baking powder.
⅛ tsp. soda.
1 cup cooked figs, and juice.
½ cup milk.
3 tblsp. melted shortening.
1 egg, beaten.

Mix ingredients together in order given and beat well. Put into hissing hot muffin pans and bake from twenty-five to thirty minutes in a moderate oven.

RYE MUFFINS

1 scant cup rye flour.
¼ cup white flour.
2 heaping tsp. baking powder.
½ tsp. salt.
1 tblsp sugar.
1 egg.
Milk.

Break egg into cup, fill with milk. Mix in order given and beat one minute. Bake in muffin tins. This quantity is sufficient for one dozen muffins.

Mrs. J. P. McMillin.

CORN MEAL OR RYE MUFFINS

1 cup corn meal (or rye).
½ cup wheat flour.
1 tblsp. sugar.
2 level tblsp. melted shortening.
½ tsp. salt.
1 egg.
⅓ to ½ cup milk.

Sift the dry ingredients together and add the milk, shortening and the beaten egg. Bake in muffin pans. This quantity will make six muffins. Mrs. Charles E. Roseland.

CORN MUFFINS

1 pt. corn meal.
2 tblsp. sugar.
1 tsp. salt.
1 pt. boiling milk.
3 eggs.

Mix the corn meal, sugar and salt, and add the boiling milk. Let stand until cool. Add the eggs well beaten, and bake in gem pans.

POTATO PANCAKES

4 large potatoes.
½ tsp. salt.
2 eggs.
2 crackers.

Peel and grate potatoes quickly to prevent discoloration. Add crackers rolled fine, and eggs, whites beaten separately. Season. Form into cakes and fry in hot drippings or vegetable oil. Serve promptly.

CORN MEAL GRIDDLE CAKES

1 cup corn meal.
3 cups boiling water.
3 tsp. baking powder.
3 tsp. salt.
⅔ cup white flour.
½ cup brown sugar.
1 cup milk.
2 eggs.

Cook together the meal and water, then add the milk. Add the dry ingredients sifted, the eggs beaten well, and then the melted shortening. Fry on hot griddle. This quantity serves six persons.

CORN MUFFINS

1 cup corn meal.
2 cups graham flour.
2 tsp. baking powder.
1 tblsp. sugar.
2 tblsp. melted butter substitute.
½ tsp. salt.
1 cup sweet milk.
2 eggs.

Mix together in order given, and bake in a moderate oven twenty minutes. Mrs. F. H. Conant.

CORN MEAL PANCAKES

2 cups corn meal.
1 tsp. salt.
Flour.
1 egg.
1½ tsp. baking powder.
1 tsp. molasses.

Add salt to corn meal, and enough boiling water to make a batter. Let stand until cool, then add the yolk of 1 egg, well beaten. Add flour to make the proper consistency, and add baking powder and molasses. Fry on hot griddle.

Mrs. R. J. Graham.

GRAHAM MUFFINS

2 cups sour milk.
1 tsp. soda.
½ tsp. salt.
1 tblsp. sugar.
1 egg.
1½ cups white flour.
2 cups whole wheat flour.

Mix in order given, and bake in moderate oven.

K. Park.

APPLE GEMS

1 cup corn meal.
1½ cups flour.
1 cup milk.
2 tblsp. sugar.
4 sour apples.
2 tblsp. molasses.
5 tsp. baking powder.
½ tsp. salt.

Sift dry ingredients together. Add milk to make thick batter. Beat well. Add apples, chopped fine, and molasses. Bake in hot greased gem pans.

HOMINY MUFFINS

1 cup soft boiled hominy.
2 cups corn flour.
¾ cup milk.
1 egg.
1½ tblsp. shortening.
4 tsp. baking powder.
Salt.

Mix ingredients, adding flour and baking powder last. Beat well and bake in a hot oven twenty-five to thirty minutes.

SWEET POTATO WAFFLES

1 cup mashed sweet potatoes.
1 cup flour.
⅓ cup brown sugar.
½ cup shortening.
1 cup milk.
1 egg.

Mix all but the egg in the order given, then add the egg yolk, beaten thick, and the white beaten stiff. Cook in greased waffle iron over hot fire.

RICE WAFFLES

1¾ cups flour.
2 tblsp. sugar.
2½ level tsp. baking powder.
¼ tsp. salt.
⅔ cup boiled rice.
1 egg.
1¼ cups milk.

Mix sugar, salt, flour and baking powder. Work rice in thoroughly, add milk and egg. Cook slowly on medium hot waffle iron well greased. Mrs. C. F. Adams.

BRAN MUFFINS—NO. I

2 eggs, beaten separately.
½ cup milk.
¾ cup bran.
¾ cup whole wheat flour.
2 tsp. baking powder.
1 tsp. salt, scant.
1 tblsp. shortening.
¼ cup molasses.
Pinch of soda.

Add soda to molasses, and stir in other ingredients. Bake in moderate oven. This quantity makes one dozen muffins.
Mrs. S. J. Johnson.

BRAN MUFFINS—NO. II

1 tblsp. sugar.
1 tsp. melted shortening.
1 egg.
1 cup milk.
½ cup white flour.
1 heaping tsp. baking powder
1 cup bran.
¼ tsp. salt.

Mix in order given, and bake in a moderate oven. This quantity makes eight muffins. Mrs. Frederick Slate.

SANDWICHES

Mrs. R. H. Wetmore, Editor.

Successful sandwich making requires that the bread should be at least twenty-four hours old and be cut in thin slices. Care should be taken to cover the sandwiches as soon as made, with waxed paper. Do not trim off the crusts.

Sandwiches that are left over are delicious when fried or toasted.

COTTAGE CHEESE SANDWICHES

Bread.
Cottage cheese.
Pimientos.

Spread a layer of cottage cheese on any kind of bread, put strips of pimiento on top of the cheese and place half of a walnut in the center of each. Mrs. C. Bacon.

EGG SANDWICHES

Whole wheat or Brown bread.
Hard boiled eggs.
Mayonnaise.
Lettuce.

Chop hard boiled eggs fine, marinate with a few drops of vinegar, oil, salt and pepper. Then mix with mayonnaise and spread on slices of whole wheat or brown bread.

Mrs. W. E. Leland.

NUT AND RAISIN SANDWICHES

Nuts.
Raisins.
Orange juice.
Brown or Rye bread.
Honey.

To each cupful of finely chopped nuts and raisins add a few drops of orange juice. Spread bread with honey, then with mixture and cut diagonally. Mrs. W. E. Leland.

WAR BREAD SANDWICHES

War bread.
1 cream cheese.
6 olives.
½ cup pecan meats.
Chive butter.

Rub cheese to a paste and add olives and nuts, finely chopped. Spread thin slices of war bread with chive butter, and an equal number of slices with cheese mixture. Put them together, dress edges and cut diagonally.

CHIVE BUTTER

¼ cup butter. Salt.
2 tblsp. chives. Cayenne.

Cream butter, add finely chopped chives and season with salt and cayenne. Mrs. R. H. Wetmore.

LETTUCE OR CRESS SANDWICHES

Lettuce or water-cress. Bread.
Mayonnaise. Butter.

Wash and drain lettuce or water-cress. Spread buttered bread with mayonnaise. Put lettuce leaves or water-cress inside and cut in fancy shapes. Mrs. W. E. Leland.

CONSERVATION SANDWICHES

Anchovy paste. Rye bread.
Shrimps. Butter.
Mayonnaise. Cucumbers.

Spread thin slices of rye bread with mixture made of one part anchovy paste and one part butter. Chop finely 1 cup picked shrimps, add 1 tablespoonful finely chopped sliced cucumbers and 1 tablespoonful mayonnaise. Spread thickly between slices of bread. Mrs. M. Dolan.

CONSERVATION SANDWICHES

Cream cheese. War bread.
Preserved ginger. Butter.

Spread thin slices of War bread or Boston brown bread with one part cream cheese and one part butter and finely chopped preserved ginger. Mrs. M. Dolan.

OLIVE SANDWICHES

Ripe olives. Sweet pickles.
Paprika. Mayonnaise.

Chop olives and pickles fine. Add dash of paprika and mayonnaise to moisten. Put between slices of whole wheat bread. Mrs. J. C. Bacon.

BROWN BREAD SANDWICHES

Brown or Rye bread. Orange marmalade.
Neufchatel cheese.

Spread cheese on one slice of bread, orange marmalade on the other; put together and press edges. Mrs. W. E. Leland.

NUT AND DATE SANDWICHES

1 cup walnut meats. Cream or mayonnaise.
1 cup stoned dates. Bread.

Mix dates with finely chopped walnut meats and moisten with a little cream or mayonnaise. Spread thin slices of any kind of bread, and press together. D. E. Wetmore.

PEANUT BUTTER SANDWICHES

Peanut butter. Bread.
Milk.

Put a small amount of peanut butter into a bowl and add to it, a few drops at a time, a few teaspoonfuls of hot milk, beating until it is the consistency of thick cream. Then spread between thin slices of bread. Mrs. R. H. Wetmore.

ONION SANDWICHES

2 onions. Vinegar.
Bread. Butter.

Slice onions very fine. Soak a few minutes in equal parts of vinegar and water, with a little salt. Drain and spread between slices of buttered bread. Sliced tomatoes and cucumbers may be used in sandwiches in the same way.

Miss Charlotte Kett.

FIG SANDWICHES

Figs. Orange juice.
Nuts. Brown bread.

Chop figs fine, add water to make a thin paste and boil gently until thick enough to spread. Add nut meats, chopped fine, a little orange juice and spread on slices of brown bread.

Mrs. J. C. Bacon.

PICNIC SANDWICHES

1 can pimientos. Cheese.
1 tblsp. butter. Buttered bread.

Fry pimientos quickly in butter and remove from pan. In the same pan place thin slices of cheese and hold this over the camp fire until the cheese is "pliable," but not melted. Place between slices of bread a layer of pimiento and a layer of cheese. Serve while hot.

APPLE SANDWICHES

1 large apple. Graham bread.
⅓ cup raisins. Lemon juice.

Chop the apple and raisins together until fine and spread on thin slices of buttered graham bread. Sprinkle with lemon juice and put two slices together.

FISH SANDWICHES

Fish. Bread.
Mayonnaise. Butter.

Tuna, sardines, or any left over fish may be mixed with mayonnaise and spread on buttered bread.

Mrs. W. H. Cameron.

BAKED BEAN SANDWICHES

Cold baked beans. Bread.
Chili sauce or plain mustard.

Mix beans with sauce or mustard and put between slices of any kind of bread. Mrs. H. H. Meyers.

MOSAIC SANDWICHES

1 small onion. Butter.
½ cup minced celery. Mayonnaise.
2 tblsp. minced parsley. Parmesan cheese.
Russian caviar. Chopped stuffed olives.
2 minced green peppers. White or whole wheat bread.
3 hard boiled eggs. Anchovy paste.

Slice the bread very thin, cut into rounds about two inches in diameter and spread lightly with butter beaten to a cream. Separate the whites and yolks of the egg and put each separately through a potato ricer. Prepare the various other ingredients, keeping them in separate piles. Spread the buttered bread lightly with mayonnaise and then border the rounds with the parsley. With the fingers put inside of this a little border of egg yolk, then one of onion, one of egg white, and in the center the caviar. If desired a figure made from cold boiled beets may be pressed into this. Vary the mode of decoration so that the various sandwiches will be different. The center may be of cheese or chopped olives, but the onion must always be used with the caviar. These sandwiches are not covered, but are placed in the refrigerator until ready to serve. They may be used as the first course at a luncheon or dinner.

OLIVE SANDWICHES

Queen olives, chopped fine.
French dressing.
Bread.
Cheese, finely grated.

Mix olives thoroughly with French dressing and spread on unbuttered bread. Sprinkle cheese on top.

Mrs. W. E. Leland.

CHICKEN SANDWICHES

Chicken.
Celery.
Mayonnaise.
Bread.
Butter.

Mince chicken, add finely chopped celery, moisten with mayonnaise and spread on any kind of buttered bread.

Mrs. W. H. Cameron.

SUBSTITUTES

BUTTER AND FATS

Household Science Department, Berkeley Schools.
Bertha C. Prentiss, Supervisor.

REFERENCES

Fats and Their Economical Use in the Home. Bulletin No. 469, United States Department of Agriculture, Washington, D. C. 5 cents.

Conservation of Fats, by Herrman T. Vulté. Published by the American Home Economics Association, Room 1010, 19 W. 44th St., New York. 10 cents.

SUBSTITUTE VEGETABLE FATS

Crisco
Vegetole.
Nutzyme
Olive Oil
Beef and Cottonseed Oil Compound
Kream Krisp
Nutco
Kuxit
Cottonseed Oil
Cottolene
Nut Grove Margarin
Snowdrift
Corn Oil (Mazola)
Oleomargarine
Califene
Sawtay
Wesson Oil

COMPOSITION OF OLEOMARGARINE

(From United States Department of Agriculture Bulletin No. 469).

The principal fats used in the manufacture of oleomargarine are oleo oil, neutral lard, cottonseed oil and other oils. These fats, which must be pure and carefully prepared, are thoroughly mixed and then churned with milk or sometimes cream. Owing to the ease with which a highly colored oleomargarine might be sold as butter it is illegal to sell it unless plainly marked, and the practice of coloring it to imitate butter is discouraged by a heavy tax. It is a wholesome fat.

BUTTER SUBSTITUTES

FOR THE TABLE

Oleomargarine and Marigold Margarine, Mayonnaise or olive paste, cheese and cottage cheese, peanut butter.

To ½ pound of butter add 1 cup of milk. Beat together until well blended. Add ½ teaspoon of salt and ½ teaspoon of butter color. Place on ice and serve in place of butter.

Serve jams, jellies, syrups, gravy, etc. and less butter will be desired.

FOR COOKING

Save all fat trimmings; render and use in cooking.
Chicken fat makes fine shortening for cakes.
Save all drippings.

Use oil, corn oil (Mazola), etc., to season vegetables.

Use beef compound (rendered suet and cottonseed oil) browned with flour for brussels sprouts, etc.

Use cracklings from tried out fat.

MUTTON OR LAMB FAT FOR FRYING

1 lb. fat cleaned and cut in small pieces.
1 qt. cold water. 2 tsp. soda.
Cottonseed oil. Salt.

Cover the fat with the water; add the soda and allow it to stand for an hour, then drain well.

Put the fat into a kettle; add 1 cup cold water and render over a slow fire. Strain through a fine strainer or through two thickenesses of cheesecloth.

Measure, and when partially cold, beat into it an equal amount of cottonseed oil and a little salt. Use 1 teaspoonful of salt to each pint of the fat.

Beat until the fat is very white and soft.

Chicken fat may also be combined with the rendered mutton fat.

FAT FOR COOKING

1 lb. kidney suet or soft beef fat. ½ cup cold water.
Cottonseed oil. Salt.

Cut the fat into small pieces. Place in a kettle with the water. Render over a slow fire. Strain off liquid fat. To each cup of fat allow 1 cup of cottonseed oil and ½ teaspoon of salt. Beat as it cools until it is white and thick.

EXCHANGE VALUE OF FATS

1 tablespoon of oleomargarine, commercial fat compound, clarified chicken fat, goose fat, clarified beef and mutton fat is equal to 1 tablespoon of butter.

14½ tablespoons of hardened vegetable fat is equal to 16 tablespoons of butter.

HOW TO COOK WITH FATS

BREADS—Fats may be omitted entirely if desired. Use clarified pork or beef fat, oleomargarine, hardened vegetable fats, fat compounds.

HOT BREADS—As biscuits, muffins, pancakes. Use clarified pork or beef fat, oleomargarine, hardened vegetable fats, fat compounds, sour cream.

CAKES—As cookies, cup, chocolate, spice, ginger. Use clarified beef fat, chicken fat, pork fat, hardened vegetable fats, oleomargarine, fat compounds, sour cream, grated chocolate.

PUDDINGS—Use clarified beef fat, chicken fat, oleomargarine, sour cream, chopped suet.

PASTRY—If pastry is used let it be plain, not rich. Use hardened vegetable fats, oleomargarine, fat compounds.

SAUTÉING—Use vegetable oils, clarified beef fat, pork fat, chicken fat, savory fats.

TO CLARIFY—Heat any sweet drippings from beef, pork, mutton, with boiling water, stirring constantly. When the fat and water has boiled freely, set dish aside to cool. Remove cold fat and heat again to drive out all water. Put in crock for use.

HARD SOAP

5 lbs. clarified and strained fat.
1 lb. potash.
1 qt. cold water.
2 tblsp. powdered borax.
⅓ cup ammonia.
2 tblsp. sugar.
¼ cup washing soda, dissolved in ¼ cup boiling water.

Mix the potash with the water and add the borax, ammonia and sugar. Pour into this mixture, when cool, the melted but not hot fat. Stir constantly for fifteen minutes and pour into a box lined with heavy greased paper. In two hours it will be hard enough to cut into cakes. Let stand for three days before using.

Mrs. L. E. Blochman.

DESSERTS

Mrs. Edward L. Barry, Editor.

WAR BROWN BETTY

1 pt. bread crusts made of any flour.
1 pt. or more of skim, or whole milk.
¾ cup corn syrup, jelly or preserves.
1 or 2 eggs.
Pinch of salt.

Put bread and milk in double boiler and cook until bread is thoroughly soft. Add more milk if necessary. Beat until creamy and there are no lumps. Add beaten eggs, mixed with syrup or jelly. If desired mix in 2 sliced apples, or left over apple sauce (in which case add ½ teaspoonful nutmeg). Bake one-half to one hour. Mrs. M. W. Adams.

APPLE FLUFF

2 apples, peeled and grated. Whites of 2 eggs.
3 tblsp. powdered sugar.

Put all together with unbeaten whites, and beat until very creamy and fluffy—about fifteen minutes. Serve with boiled custard made from yolks of eggs.

Mrs. Hubert G. Prost.

DELICATE PUDDING

1 qt. boiling water. 1 small box raspberries.
1 cup minute tapioca. 1 cup sugar.

Stir tapioca into hot water. Boil ten minutes. Mix with sugar and crushed berries. Serve cold with cream.

Mme. Matignon.

MAPLE TAPIOCA

¾ cup minute tapioca. 4 cups water.
3 cups brown sugar.
Small piece of butter or butter substitute.

Mix tapioca, sugar and water and let stand one hour. Add butter or butter substitute and bake until rather thick. Serve with whipped or plain cream.

Mrs. K. W. Eichelberger.

BREAD CROQUETTES, WITH PEACHES

2 cups stale bread crumbs.
½ cup blanched, chopped almonds.
1 tsp. grated lemon rind.
1 tblsp. lemon juice.
1 tblsp. melted crisco.
1 cup milk.
2 eggs.
¼ tsp. salt.
Canned peaches.

Add the almonds, crisco, salt, lemon and milk to the crumbs. Boil a minute and remove from the fire. Add egg yolk. When cool, form into croquettes (6). Brush with beaten egg whites. Roll in fine bread crumbs and fry. Serve with peaches.

Mrs. F. W. McCullough.

BROWN SUGAR TAPIOCA

1 cup pearl tapioca.
4 cups water.
¾ tsp. salt.
2 cups brown sugar.
Juice 1 lemon.

Soak tapioca in 3 cups of water over night. Add salt and other cup of water. Cook forty minutes in double boiler, or until transparent. Add brown sugar and lemon and bake in buttered baking dish in moderate oven one-half hour. Serve hot or cold with cream and sugar. The lemon juice may be omitted and the pudding served with lemon sauce.

TAPIOCA PUDDING

2 tblsp. tapioca.
1 pt. milk.
2 eggs.
½ cup syrup.
1 tsp. vanilla.

Scald milk and tapioca together in double boiler for fifteen minutes. Stir in egg yolk and syrup. Cook ten minutes. Add vanilla, and pour mixture over stiffly beaten whites. Cool overnight or in ice box.

Mrs. Raymond S. Perkins.

MARSHMALLOW PUDDING

1 tblsp. gelatine.
4 eggs (whites).
1 cup sugar.
1 tblsp. vanilla.
2 tblsp. chocolate.
Pink gelatine coloring.

Dissolve gelatine in 1 cup hot water. Add slowly to well beaten whites of eggs. Then add sugar and vanilla, beating well. (About one-half hour). Divide in three portions. Color one-third pink with gelatine coloring; one-third with chocolate, mixed with water; and leave one-third white. Put in layers in square pan and serve with either whipped or plain cream.

Mrs. T. M. Shearman.

PINEAPPLE PUDDING

4 cups boiling water.
⅔ cup minute tapioca.
1 small can grated pineapple.
1 cup granulated sugar.
Pinch of salt.

Add tapioca slowly to water to prevent lumping. Cook two or three minutes. Then add sugar. Remove from stove and when partially cooled, add pineapple, mixing thoroughly.

Miss E. B. Welch.

MAPLE WALNUT JELLO

1 pkg. peach or orange jello.
1 cup maple syrup.
1 cup boiling water.
1 cup walnuts, chopped.

Dissolve jello in boiling water. Add maple syrup. When nearly cool add walnuts. Serve with whipped cream.

Mrs. Hubert G. Prost.

ISABELLA CREAM

2 cups milk.
2 heaping tblsp. cornstarch.
2 cups brown sugar.

Melt sugar and stir into hot milk. Thicken with cornstarch. Cool in mold and serve with cream, plain or whipped.

Mrs. Julian Chase.

CHOCOLATE CREAM PUDDING

5 tblsp. cornstarch.
2 cups scalded milk.
½ cup sugar.
1 oz. unsweetened chocolate.
3 tblsp. hot water

Make paste of sugar and cornstarch by adding 1 tablespoonful cold milk and 3 tablespoonfuls hot water. Add boiling milk and chocolate. Cook in double boiler, stirring constantly, for about five minutes. Remove from fire and beat until cool. May serve with chopped nuts.

Mrs. W. Langelier.

RICE AND STRAWBERRY PUDDING

¾ cup of rice, cooked and seasoned.
2 tblsp. butter substitute.
2 cups fresh strawberries or other fruit.
1 cup sugar.
White of 1 egg.

Cream butter and sugar. Add to it the fruit, crushed. Mix well and add the white of egg, beaten stiff. Put the rice in the middle of the dish and pour the mixture around it. Serve hot or cold.

Mrs. S. S. Johnson.

FAIRY PUDDING

2 coffee cups boiling water.
5 tblsp. sugar.
½ tumbler currant jelly.
1 tblsp. cornstarch.
4 eggs.
1 pt. milk.
Salt.

To the boiling water add 2 tablespoonfuls of the sugar, a little salt, and the currant jelly, stirring until the jelly is well dissolved. Thicken with the cornstarch. Cook two minutes, stirring constantly. When lukewarm, add the whites of the eggs, beaten stiff, and pour into wet molds. Beat the yolks, add the rest of the sugar, a grain of salt, and the milk. Bring just to boiling point and pour out. To serve, turn the pudding out of the mold, and pour custard around it.

Mrs. T. M. Shearman.

CREAMY RICE PUDDING

3 rounded tblsp. rice.
3 rounded tblsp. brown sugar.
1 qt. milk.
½ tsp. salt.
1 tblsp. cocoanut.
Ground cinnamon.

Wash the rice. Place in a baking dish and add sugar, salt, milk, cocoanut and cinnamon. Let it stand one-half hour, or place at once in a moderate oven and bake slowly two or three hours, until rice is done and pudding is about two-thirds its original volume. The first crusts should be turned under to prevent burning. Remove from the oven before the milk has all boiled away and serve from baking dish when cold. If baked slowly this pudding should be creamy when cold.

Mrs. Carl L. A. Schmidt.

RICE AND FRUIT

Boiled and seasoned rice.
Any kind of stewed fruit, put through a sieve.

Beat the rice and fruit together until fluffy. Serve with cream or sauce.

Mrs. F. W. McCullough.

HONEY RICE PUDDING

1 qt. milk.
2 tblsp. uncooked tapioca.
2 tblsp. uncooked rice.
½ cup seeded raisins, washed and dried.
½ tsp. salt.
½ cup honey.

Bake in slow oven, stirring down the crust as it forms until the pudding is done. It should be like thick cream.

RICE PUDDING

3½ tblsp. rice.
½ tsp. salt.
4 tblsp. sugar.
½ tsp. lemon extract.
1 qt. milk.
½ tsp. butter substitute.
Cinnamon to taste.

Bake in slow oven two hours. Stir every fifteen minutes for first three-quarters of an hour. Should be like thin cream when done. Mrs. W. Lenfestey.

BREAD PUDDING WITH SAUCE

½ small loaf stale bread.
1 pt. milk.
1 egg.
½ cup chopped raisins.
¼ tsp. salt.
⅓ cup sugar, or
½ cup corn syrup.
1 tblsp. butter substitute.
½ tsp. cinnamon.

Soak bread in cold water, carefully pressing out as much liquid as possible before using. Beat together egg, milk, sugar, and melted butter substitute. To this add bread, raisins, and cinnamon. Beat all together with egg beater, pour in greased pan and bake very slowly.

SAUCE:

4 tsp. tart jelly.
1 tsp. cornstarch.
3 tsp. corn syrup.
1 tsp. butter substitute.
1 pt. boiling water.

Mix cornstarch, jelly, syrup and butter. Add boiling water. Let it boil. If jelly is not tart add juice of ½ lemon.
Mrs. Sophia Salzberger.

BREAD PUDDING

1 qt. stale bread or toast.
½ cup sugar.
3 or 4 apples.
Cinnamon.
Raisins.
Walnuts or almonds.
A little butter substitute.

Spread bread lightly with butter. Arrange in alternate layers of bread, chopped nuts and raisins and apples, quartered, until the pan is filled. Sprinkle each layer with sugar and cinnamon. Bake in covered dish in moderate oven about one hour. Remove cover and let it brown about ten minutes. Serve with cream, milk, or sauce. Margaret Whitney.

BAKED APPLES, WITHOUT SUGAR

Apples. Raisins or dates.
Lemon juice.

Core the apples. Fill the centers with raisins or dates that have been stewed in plenty of water for about five minutes. Sprinkle with lemon juice, and bake slowly. Baste as water boils away, with water drained from raisins.

Mrs. Theodore Gray.

DELICIOUS BAKED APPLES

Apples. Apricot marmalade.

Pare and core tart apples. Fill centers with apricot marmalade. Bake in covered dish. Mrs. F. W. McCullough.

STEAM FRUIT PUDDING

3 tblsp. crisco.
½ cup molasses.
½ cup water.
⅞ cup flour,—(¼ cup rye, ¼ cup corn meal, and ⅜ cup graham).
½ tsp. soda.
½ lb. cut and stoned dates.
½ cup chopped walnuts.
¼ tsp each salt, cloves, allspice and nutmeg.

Steam two hours and serve with sauce made of 1 tablespoon of oleomargarine, 2 or 3 tablespoons brown sugar, creamed and well flavored with lemon. Mrs. Skeen.

ECONOMY PUDDING

4 large apples, pared and quartered.
1 egg, beaten.
½ cup sweet milk.
½ cup sugar.
1 tsp. baking powder.
Nutmeg.
Pinch of salt.
Flour.

Cook apples until dry. Do not stir. Sprinkle with sugar and a little nutmeg. Make batter of remaining ingredients. Pour over apples and bake.

SAUCE:

1 cup of sugar.
1 heaping tblsp. sifted flour.
Butter substitute size of walnut.
1 tblsp. vinegar.
Boiling water.
Salt.

Mix sugar and flour. Add enough boiling water to thicken. Stir and cook, adding vinegar, butter substitute and salt. Serve warm . Mrs. J. M. McNulty.

CARROT PUDDING—NO. I

1 cup grated raw potatoes.
1 cup grated raw carrots.
1 cup raisins.
Butter substitute size of egg.
1 cup flour or corn meal.
1 cup brown sugar.
½ tsp. soda.
1 tsp. each cinnamon, cloves, allspice and nutmeg.

Add soda to raw potatoes. Add other ingredients in the order named. Steam two hours or more and serve with fruit or lemon sauce.

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CARROT PUDDING—NO. II

1 cup graham flour.
⅔ cup New Orleans molasses.
1 cup currants.
1 cup raisins.
1 cup raw carrots, grated.
1 tsp. each, cinnamon and nutmeg.
1 small potato, raw, grated.
1 cup chopped suet.
1 tsp. lemon extract.
½ tsp. allspice.
1 tsp. baking powder.
1 cup bread crumbs.

If not moist enough, add a little milk. Steam three hours. Serve with sauce or whipped cream.

Mrs. Raymond S. Perkins.

CARROT PUDDING—NO. III

1 cup cooked and sifted carrots.
½ cup shortening.
1 cup chopped figs or dates.
½ cup brown sugar.
3 eggs.
1 tsp. cinnamon, ginger and salt.
3 cups bread crumbs.
1 cup milk.
½ cup flour.
1 cup raisins.
¼ tsp. nutmeg.

Scald milk and pour over bread crumbs. Mix salt, sugar, and spices together and cream with the shortening. Add carrots and well beaten eggs. Beat thoroughly. Add fruit which has been dredged in flour. When milk and bread crumbs are cool, mix with the rest. Steam three hours.

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APPLES BAKED WITH HONEY

Apples, pared and cored.
Water.
Honey.

Place apples in a pan. Surround by equal parts of honey and water. Bake slowly, basting frequently. W. B. B.

BAKED HONEY CUSTARD

3 eggs.
¼ cup honey.
2 cups milk (scalded).
⅛ tsp. powdered cinnamon.
¼ tsp. salt.

Beat eggs lightly, taking care not to make them foamy. Add slowly the honey, milk, cinnamon and salt. Bake in cups set in a pan of water. M. E. B.

CHRISTMAS PUDDING

1 cup chopped suet.
1 cup raisins.
1 cup sugar.
1 cup grated carrots.
1 cup mashed potatoes.
1½ cups flour.
1 level tsp. soda.
¼ tsp. cloves.
1 tsp. cinnamon.
Juice of 1 lemon.

Sift the soda with the flour. Carrots and potatoes give sufficient moisture. Steam two hours.

FINNISH STEAMED PUDDING

1 cup chopped suet.
½ cup sugar.
2 cups flour.
2 cups raisins.
¾ cup milk.
2 tsp. cream tartar.
1 tsp. soda.

Steam two hours. Serve with hard sauce made of oleomargarine and brown sugar. Mrs. George Otis Allen.

STEAMED GRAHAM PUDDING

⅔ cup molasses.
1 cup sweet milk.
2 eggs, well beaten.
1 cup graham flour.
1 rounded tsp. soda.
½ tsp. each cinnamon, cloves and nutmeg; pinch of salt.
1 cup chopped raisins or prunes.

Steam two hours. Serve with sauce. Etta Payson.

GRAHAM PUDDING

1 egg.
½ cup molasses.
¼ cup shortening.
1 cup sour milk.
1½ cups graham flour.
1 small tsp. soda.
½ tsp. baking powder.
¼ tsp. salt.
1 tsp. each nutmeg and cinnamon.
1 cup chopped raisins or prunes.

Mix in order given and steam two hours. Serve with hard sauce or boiled sauce. Mrs. C. W. Wilkinson.

STEAMED NUT PUDDING

½ cup pecan or other nuts, chopped.
½ cup raisins and chopped figs.
2 tblsp. citron or candied orange peel.
1 cup whole wheat.
3 tblsp. honey.
¼ tsp. salt.
¼ tsp. soda.

Thoroughly mix the ingredients. Steam two hours and serve with sauce.

DATE PUDDING

1 cup chopped suet.
1 cup molasses.
1 cup milk.
1 egg.
2½ cups flour.
1½ cups chopped dates or raisins.
2 tsp. soda.
2 tsp. mixed spices.

Steam two and one-half hours. Will serve 8 or 10.

Mrs. M. H. Wetmore.

FIG PUDDING—NO. I

1 cup molasses.
1½ tblsp. butter substitute.
1 cup milk.
1 egg.
2 tsp. baking powder.
Flour.
½ lb. chopped figs, dredged in flour.
Cinnamon and nutmeg to taste.

Add sufficient flour to give the consistency of ginger bread. Steam about two hours. Serve with any sauce.

Miss E. B. Welch.

FIG PUDDING—NO. II

3 tblsp. suet.
½ lb. figs.
2⅓ cups stale bread crumbs.
½ cup milk.
2 eggs.
1 cup brown sugar.
¾ tsp. soda.
½ tsp. cinnamon.
½ tsp. nutmeg.

Chop suet and work until creamy. Soak crumbs in milk. Add beaten eggs, sugar, suet, and other ingredients. Steam three hours.

Mrs. F. E. Menefee.

MOLASSES PUDDING

1 cup molasses.
1 cup sour milk.
1 cup chopped suet.
1 cup currants.
1 tsp. soda.
Cloves and cinnamon to taste.
Rye flour, to make stiff batter.

Steam one and one-half hours.

Mrs. R. J. Graham.

HOT CHOCOLATE PUDDING

1 egg, beaten separately.
½ cup sugar.
1 tsp. butter substitute, melted.
½ cup milk.
1 square chocolate, dissolved.
1 cup flour.
1 tsp. baking powder.
Pinch of salt.
Vanilla.

Steam one hour. Do not grease the pan.

Mrs. George Otis Allen.

ST. JAMES PUDDING

3 tblsp. butter substitute.
½ cup molasses.
½ cup milk.
¼ tsp. each salt, cloves, allspice, nutmeg.
1⅞ cup flour.
½ tsp. soda.
½ lb. dates.

Mix in order given. Steam about two and one-half hours.

Mrs. J. N. Bowman.

RASPBERRY PUDDING

2 cups flour.
1½ tsp. baking powder.
1 tsp. salt.
2½ tblsp. shortening.
1 cup milk.
1 egg.
Raspberries.

Sift dry ingredients together. Work in the shortening and mix to soft dough with milk. Add egg, well beaten, last. Spread a thin layer in greased pan, cover with an inch layer of raspberries, and then cover with a final layer of dough. Steam forty-five minutes. Serve with crushed fruit. A. L. B.

CHERRY PUDDING, WITH SAUCE

2 eggs.
½ cup sugar.
1 tsp. salt.
1 large cup milk.
2 large cups flour.
2 tsp. baking powder.
3 tblsp. butter substitute.
2 lbs. pitted cherries (weighed before pitting).

Beat eggs and add milk. Then add dry ingredients well sifted, melted butter and last, the cherries Tie in scalded and well floured cloth and steam forty-five minutes.

SAUCE:

3 tblsp. butter substitute.
5 tblsp. sugar.
1 cup crushed strawberries.

Cream the butter substitute and sugar, and add the strawberries. Mrs. Ida Sorrick.

ROLLED OATS PUDDING

1 cup rolled oats.
1 cup Encore pancake flour, sifted.
½ cup molasses.
½ cup brown sugar.
1 cup chopped raisins.
1 tsp. cinnamon, cloves.
¼ cup shortening.
1 cup chopped nuts.
3 eggs, well beaten.
¾ tsp. soda.
½ tsp. salt.

Steam two hours.

Mrs. L. A. Driesbach.

STEAMED BREAD PUDDING—NO. I

1 cup dried bread crumbs.
1 egg.
½ cup raisins.
½ cup molasses.
½ cup milk.
Pinch of soda.
Salt, nutmeg, and cinnamon.

Steam one and one-half hours. Serve with sauce.

Mrs. Raymond S. Perkins.

STEAMED BREAD PUDDING—NO. II

2 cups dry bread crumbs, any kind.
½ cup raisins.
1 egg.
2 heaping tblsp. shortening.
2 tblsp. sugar (brown or white).
2 tblsp. molasses.
1 tsp. salt.
1 tsp. soda.
2 cups milk or water.

This makes three one-pound baking powder cans full.

SAUCE:

1 cup brown sugar.
1 heaping tblsp. butter substitute.
2 tblsp. flour.
2 cups hot water.

Mix sugar, butter substitute, and flour together. Add water and boil until it thickens. Flavor with vanilla.

Mrs. William S. Morgan.

MINUTE PLUM PUDDING

3 tsp. gelatine.
1 pt. boiling water.
1 lemon (juice only).
5 tblsp. sugar.
½ tsp. salt.
¾ cup grape nuts.
¾ cup cut raisins.
¼ cup citron.
¾ cup chopped walnut meats.
½ small chopped apple.
1 tsp. vanilla.

Mix gelatine, water, lemon, sugar, salt and grape nuts When somewhat thickened, add other ingredients. Serve in one large or individual molds with plain cream.

Mrs. L. S. Burchard.

BARLEY PUDDING

2 tblsp, cream of barley.
1 tblsp. corn meal.
1 pt. milk.
Small piece of butter substitute.
½ cup molasses.
2 beaten eggs.
3 cups milk.
Dash of salt.

Cook the first three ingredients twenty minutes, and add the others. Bake slowly forty minutes.

Mrs. Wm. Pond.

CORN MEAL PUDDING, WITH APRICOTS

3 cups scalding hot milk.
1 cup sifted corn meal.
6 apricots (canned) sliced thin.
2 tblsp. sugar.
1 tsp. powdered ginger.
½ tsp. salt.

Pour hot milk on corn meal. Add sugar, ginger, salt and apricots. Bake for one and one-half hours in moderate oven. Garnish with apricots and serve with sauce made from juice of apricots.

Mrs. Hubert G. Prost.

YUM YUM PUDDING

1 cup cooked cereal (left over).
½ cup karo (white).
½ cup milk.
½ cup raisins.
2 eggs.

Put all together in double boiler. When smooth turn into buttered baking dish and bake forty minutes. Serve with crushed fruit sauce.

Selected.

DATE BARS

1 pkg. dates, stoned and chopped.
1 cup finely broken walnuts.
¾ cup brown sugar.
½ cup flour.
2 tsp. baking powder.
2 eggs, beaten separately.
1 tsp. vanilla.

Mix in order given and bake in slow oven forty minutes. Cut into bars.

INDIAN PUDDING

1 qt. milk.
7 tblsp. yellow corn meal.
1 tsp. salt.
1 cup molasses.
1 tblsp. cinnamon.

Bake three or four hours. Eat while hot with the following SAUCE: Equal parts of molasses, and sweet or sour cream.

Mrs. Biedenbach.

PRUNE WHIP

½ lb. prunes.
Whites of 4 eggs.
¾ cup sugar.

Soak prunes, and cook in a little water until soft. Remove stones and rub through colander. Add sugar. Beat the eggs very stiff. Add the prunes one spoonful at a time. Bake in slow oven until a light brown—about 20 minutes. Serve with whipped cream or soft custard.

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DATE NUT TORTE

2 eggs, well beaten.
1 cup light brown sugar.
1 cup dates.
⅓ cup flour.
1 tsp. baking powder.
Pinch of salt.
1 cup walnuts, broken in small pieces.

Beat eggs well. Add sugar, walnuts, dates, and flour sifted with baking powder. Mix and turn into a layer cake tin and bake in a moderate oven about 30 minutes. Set on top grate, as it burns very easily. When cool turn into a glass dish and cover with whipped cream. Serve in small pieces in sherbet glasses.

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BREAD AND SUET PUDDING

2 cups broken bread.
½ cup suet, chopped.
½ cup raisins or currants.
1 cup milk.
Citron (small amount).
Cloves, cinnamon, allspice.

Chop the suet and bread together in a bowl. Add other ingredients. Bake in pudding dish thirty to forty-five minutes. Serve with vanilla sauce. Mrs. N. D. L. Swan.

FRUIT GELATINE

3 bananas.
3 lemons.
1 box gelatine.
3 oranges.
1 can grated pineapple.
3 cups sugar.

Mix gelatine in 5 cups boiling water. When this is cool and commences to set, mix in all ingredients except the bananas; stir these in, a short time before serving; after this do not stir any more. Place on ice to cool. Mrs. T. M. Shearman.

CORN MEAL PUDDING

Corn meal.
1 pt. milk.
½ pt. water.
½ cup sugar.
1 tblsp. butter substitute.
3 eggs.
1 cup raisins or currants.
Salt.

SAUCE:

½ cup sugar.
Nutmeg.
¼ cup butter.

Heat ½ pint of milk and ½ pint of water to boiling point. Stir in corn meal until it is like a thick batter. Remove from fire. Add 1 cup cold milk to make thin batter. Add other ingredients. Bake twenty-five or thirty minutes. Serve with sauce made by creaming the sugar and the butter and flavoring with nutmeg. Mrs. Stephen Sill.

INDIAN PUDDING

2 eggs, beaten.
2 tblsp. molasses.
4 tsp. or more sugar.
½ tsp. ginger.
½ tsp. cinnamon.
1 pt. milk.
1 tblsp. corn meal.
Salt.

Heat the milk. Stir in the corn meal and boil, stirring constantly. Add to the other ingredients, which have been mixed together. Turn in greased dish and bake about one and one-half hours. Mrs. W. E. Miles.

INDIAN MEAL PUDDING

⅔ cup meal.
1 cup boiling water.
1 scant cup molasses.
1 qt. milk.
Salt to taste.

Scald the meal slowly with the water. Add other ingredients. Bake three or four hours, stirring occasionally to prevent lumping. K. Park.

MOCK CREAM

2 tsp. cornstarch.
2 tblsp. sugar.
1 pt. scalded milk.
1 tsp. vanilla.
Whites of 2 eggs.

Mix the cornstarch and sugar. Cook in the hot milk ten minutes. Strain and cool. Add vanilla and whites of eggs, beaten stiff. This makes a good substitute for whipped cream.

FIG LOAF

1 cup pulled figs.
1½ cups cold water.
½ cup sugar.
1 tblsp. gelatine.
1½ cups fine bread crumbs; (if dry, 1 cup).

Cook figs in double boiler, with water, until tender. Add sugar and cook ten minutes longer. Strain off syrup, keeping ¾ cup hot. Soften gelatine in 1 tablespoonful cold water, and dissolve in hot syrup. Mix the figs, chopped fine, with the bread crumbs. Add hot syrup and gelatine. Mix well and set away to cool in greased mold. Serve with crushed fruit sauce.

A. L. B.

FAMILY PIE CRUST

1½ cups flour, measured before sifting.
3 tblsp. cold water.
½ cup, scant, cottolene or crisco.
Pinch of baking powder.
Salt.

Chop shortening lightly into dry ingredients. Add water. Handle as little as possible.

WAR-TIME PIE CRUST

1½ cups flour (half barley and half entire wheat flour).
1 rounded tblsp. crisco.
Pinch of baking powder.
Salt.
Proceed as with any pie crust.

Mrs. Jennie Taylor.

PIE CRUST, WITH OIL

1½ cups flour.
½ tsp. baking powder.
½ cup salad oil.
Pinch of salt.
½ cup very cold (or ice) water.

Sift flour and baking powder together into a bowl. Make depression in the center. Into this pour oil and water. Add salt. Mix, do not knead; roll lightly on well floured board. Spread on pans; fill and bake at once in quick oven.

A. L. B.

PASTRY, WITH RICE FLOUR

⅓ cup rice flour.
⅔ cup wheat flour.
Salt, and pinch of soda.
Water.
1 rounded tblsp. shortening.

Mix rice and wheat flour, salt and soda thoroughly. Rub shortening in and add as little water as possible.

Mrs. C. F. Adams.

LEMON SOUFFLE PIE

4 eggs.
1 cup sugar.
½ cup lemon juice.
½ cup water.

Beat the eggs separately; fold the whites of the eggs in last. Cook in crust made of entire wheat flour and crisco, using the regular proportions found in any good pie crust recipe.

Mrs. Skeen.

LEMON PIE

2 lemons (grated rind and juice)
½ cup sugar.
Butter substitute size of walnut.
1 tblsp. cornstarch.
3 eggs (yolks).
2 cups water.

Cook in double boiled until mixture thickens. Remove from fire, and when cooled pour into previously baked crust. Add meringue made of:

3 eggs—whites, well beaten.
3 tblsp. sugar.

Return to oven, to brown slightly.

Mrs. H. Jacobs.

EGGLESS SQUASH PIE

1 cup squash.
1 cup sugar.
1½ cups milk.
¼ tsp. ginger and cloves.
2 soda crackers.
½ tsp. cinnamon.
Pinch of salt.

Roll crackers very fine. Mix in order given.

Mrs. Schwab.

SQUASH PIE

1 cup strained Hubbard squash.
4 tblsp. molasses.
Nutmeg, ginger and cinnamon.
1 tsp. flour.
½ pt. milk.
1 egg.

Mix flour with squash. Add unbeaten egg. Beat with squash for five minutes. Add other ingredients. Bake in slow oven until set.

A. L. B.

SOUR CREAM PIE

1 cup sour cream.
1 whole egg and yolks of 2, beaten lightly.
½ tsp. each, cinnamon and cloves.
1 cup sugar.
½ cup nuts.
½ cup raisins.

Boil this mixture until smooth and creamy. Bake in one crust. When pie is baked, add meringue made of other two whites, and brown lightly.

Mrs. Pine.

ONE-CRUST APPLE PIE

½ cup corn oil (scant).
⅓ cup boiling water.
1 cup white flour (full).
½ cup rye flour (scant).
½ tsp. salt.

Sift flour before measuring. Stir into boiling water and oil. Let cool a few minutes, then roll. Fill deep pie tins with sliced apples. Sprinkle with sugar and bit of salt. Cover with top crust and bake. Just before serving, loosen crust around the edge and invert pie on large plate. Sprinkle with cinnamon or nutmeg and eat at once. Mrs. D. N. Lehmer.

PIE SUBSTITUTE

Any fruit filling for pie.
Thin slices of bread.
Brown sugar.

Cook and season fruit. Place in pie plate without bottom crust. Cover top with thin slices of bread. Sprinkle with brown sugar. Set in hot oven to toast and candy over. Serve hot. Mrs. F. W. McCullough.

MOCK MINCE PIE

1 cup seeded raisins.
2 cups finely cut apples.
2 tblsp. chopped beef suet.
½ tsp. cinnamon.
⅛ tsp. ginger.
½ tsp. salt.
½ cup brown sugar.
1 cup water.

Wash and dry raisins. Put them through a food chopper. Add 1 cup of water and boil five minutes. Remove from the fire and add the other ingredients. Let cool and use as mince meat substitute. Mrs. R. L. Reid.

MEATLESS MINCE MEAT

6 cups chopped, pared apples.
6 cups chopped, green tomatoes.
3 cups chopped raisins.
¾ cup butter substitute.
1½ cups cider vinegar.
1½ cups water.
1 tblsp. cinnamon.
1 tblsp. salt.
4 cups sugar.
2 glasses jelly.
½ tblsp. each of allspice, cloves and nutmeg.

Mix together all the ingredients except the shortening and jelly until the apples are soft. Add these two last, and boil about fifteen minutes. May be sealed in jars and kept.
Mrs. N. C. Robson.

HYGIENIC MINCE MEAT

8 cups chopped apples.
1 cup chopped walnuts.
½ cup chopped, blanched almonds
1 cup seedless raisins or currants.
1 cup caramel cereal or postum.
1 cup cider, or fruit juice.
½ cup chopped figs.
¼ cup chopped citron.
1 cup seeded raisins.
1 cup lemon juice.
1 tblsp salt.
Sugar and spice to taste.

Cook all together until blended. Make crust with whole wheat flour, using bottom crust and strips on top. Sufficient for six pies.

Mrs. W. A. Wann.

RABBIT MINCE MEAT

¾ cup cooked rabbit, chopped.
1 cup chopped apples.
3 tblsp. butter substitute.
⅔ cup light brown sugar.
½ cup molasses.
1 lemon (grated rind and juice) or
¼ cup syrup of sweet pickle.
½ tsp. mace.
½ tsp. salt.
⅛ tsp. cloves.
¼ tsp. cinnamon.
⅓ cup raisins.
Grated nutmeg.

Mix all ingredients together.

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MINCE PIE—NO. I

4 tart apples.
¼ cup raisins.
¼ cup currants.
1 tblsp. chopped citron.
¼ cup crisco.
½ tsp. cinnamon.
½ tsp. nutmeg.
¼ tsp. cloves.
3 tblsp. sugar.
¾ cup boiled cider.

Cover and let stand several hours before using.

Mrs. H. F. Eveleth.

MINCE PIE—NO. II

½ cup rice.
½ cup seeded raisins.
½ cup currants.
½ cup honey.
2 tblsp. chopped orange peel.
1 tblsp. butter substitute.
½ tsp. mixed spice.
Lemon peel to taste.

Cook rice in water until soft. Then add other ingredients and mix well.

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"LITTLE SAMMIE" TARTS

1 cup sugar.
1 tblsp. melted crisco.
1 lemon (rind and strained juice).
1 tsp. cornstarch.
1 egg.
¼ tsp. salt.
¼ lb. chopped citron.
1 cup raisins.

Cook fifteen minutes in double boiler. Make twelve pastry shells in muffin rings. Fill with mixture and heat in hot oven. Garnish with meringue. May be made the day before using.

Mrs. Alfred Matthews.

LEMON AND RAISIN PIE

1 cup chopped raisins.
2 large apples, grated.
2 large lemons, rind and juice.
½ cup sugar.
3 soda crackers, rolled.
1 cup molasses.
1 cup water.
Pinch of salt.

Put in crust. Cover with strips. Bake thirty or forty minutes.

Mrs. W. Lenfestey.

RHUBARB RAISIN PIE

2 cups chopped rhubarb.
½ cup ground raisins.
1 cup sugar.
1 tsp. vanilla.
Flour.
Butter substitute.

Bake in crust one half to one hour.

Mrs. Carl L. A. Schmidt.

CHESS PIE

1½ cups sugar.
½ tsp. cloves, cinnamon and allspice.
1 tblsp. butter substitute.
4 eggs, yolks; use white for meringue.
2 tblsp. flour.
1 cup raisins.
2 cups water.

Bake slowly. When baked, add a meringue made from the whites, and brown lightly. Mrs. T. M. Shearman.

PUMPKIN PONE

1 pt. white corn meal.
1 pt. stewed pumpkin.
1 tsp. salt.
⅓ cup sugar.

Put pumpkin through a sieve and mix with it all the other ingredients, being careful to blend them well. Make in pones (or cakes) the shape of the hand, about one-half inch thick. Place in well greased pan and bake in quick oven until brown —about thirty minutes. Serve hot with butter. Canned pumpkin may be used. Mrs. R. L. Reid.

SWEET POTATO PIE

2½ pts. potatoes, mashed.
2 pts. sugar.
1 pt. sweet milk.
4 eggs, beaten separately.
Butter substitute.
Cinnamon and ginger to taste.

Prepare like squash pie.

STUFFED PEACHES

6 fresh peaches.
3 sprigs of mint.
1 cup boiling water.
1 cup sugar.
1 orange (juice).
1 lemon (juice).
2 eggs (whites).

Peel and halve the peaches. Break the mint into the boiling water. Cover closely and let stand until cool. Strain and add the sugar. Boil until it threads. Quickly add the strained juice of the orange and lemon and beat all into the whites of the eggs. Fill the peach halves with the meringue, put together, and top each with a walnut. Mrs. Franklin Nutting.

A DIFFERENT SAUCE

1 cup sugar.
1 egg white.
1 cup berries or cooked fruit.

When using cooked fruit drain off juice, mash fruit, add sugar and egg white. Beat until you have a smooth creamy sauce. This sauce made from fresh strawberries, apple sauce, pineapple, peaches, apricots, or any fruit you like, is a delicious addition to blanc mange or boiled pudding. It is also excellent served with the fresh or cooked fruits. This receipe will serve four or five persons generously, and still leave enough sauce for a layer cake. Lillian E. Runnels.

WHITE VELVET SHERBET

3 cups sugar.
3 pts. sweet milk.
3 lemons (juice only).

Add the lemon juice to the milk, and then the sugar. Stir until dissolved, and freeze. Mrs. Lewis A. Hicks.

APRICOT SHERBET

1 pt. milk.
1 pt. sugar.
1 pt. water.
1 pt. canned apricots.

Rub apricots through a sieve. Mix all together. Freeze. Use more milk and less water if desired. Will serve ten or twelve persons. Mrs. W. C. Blasdale.

CREAMLESS ICE CREAM

Any fruit pulp.
1 cup sugar.
¾ cup water.

Put fruit through strainer. Boil sugar and water together until it drops heavy. Add fruit pulp and freeze.

Mrs. Skeen.

PINEAPPLE FRAPPE

2 cups water.
¾ cup Karo, or
1 cup glucose.
3 lemons (juice).
2 cups ice water.
1 can grated pineapple.

Make a syrup by boiling together the water and Karo, or glucose. Add the fruits and juice; cool; strain; add the ice water and freeze. Use equal parts of ice and salt in freezing. More sweetening may be needed if fresh fruit is used.

FROZEN PEACHES OR APRICOTS

1 can fruit.
1½ cups glucose, or
1 cup Karo.
Water.

Drain the fruit from its syrup, cut in small pieces. To the syrup add sufficient water to make four cups. Cook with sweetening for about five minutes; strain; add the cut fruit; cool and freeze. 2 cups whipped cream may be added after mixture is partly frozen, if so desired. Continue freezing.

STRAWBERRY ICE

4 cups water.
2 cups glucose, or
1 cup Karo.
2 cups strawberry juice.
1 tblsp. lemon juice.

Make a syrup with the water and sweetening; cool; add the mashed fruit; add lemon juice, and freeze. Use 3 parts ice to 1 part salt for freezing.

FROZEN COMPOTE

3 pts. boiling water.
3 cups sugar.
½ cup Karo (white).
3 shredded oranges.
3 cups shredded pineapple.
3 cups mashed strawberries.
3 large bananas, mashed.
3 lemons (juice only).

Dissolve the sugar in the water and add the Karo. Pour over the fruit, and freeze, as ice cream.

FRUIT PUNCH—NO. I

1 qt. cold water.
½ cup lemon juice.
Glucose or Karo syrup to taste.
2 cups chopped pineapple.
1 cup orange juice.

Combine water, glucose and pineapple; let cook about twenty minutes; add the strained fruit juices; let cool and dilute with sufficient ice water to retain pleasant flavor.

FRUIT PUNCH—NO. II

1 cup water.
1½ cups glucose or Karo syrup.
1 cup tea infusion.
1 cup Maraschino cherries.
2 cups strawberry syrup or juice.
5 lemons (juice only).
5 oranges (juice only).
1 can grated pineapple.
1 qt. Apollinaris water.

Make a syrup of water and sweetening; add the tea and fruit juices and grated pineapple; let stand one-half hour; strain and add sufficient ice water to make 1½ gallons of liquid. Put in a large bowl with block of ice and add the cherries and Apollinaris just before serving.

FRUIT PUNCH—NO. III

½ to 1 cup glucose.
1 cup hot tea infusion.
¾ cup orange juice.
⅓ cup lemon juice.
1 pt. ginger ale.
1 pt. Apollinaris.
Few slices orange.

Combine tea and glucose; stir well; add the fruit juices; strain into a punch bowl over a large piece of ice. Just before serving add ale, Appolinaris, and slices of orange.

FRUIT PUNCH—NO. IV

9 oranges.
6 lemons.
1 cup grated pineapple.
1 cup strawberry or raspberry syrup.
1½ cups tea infusion.
1½ to 2 cups glucose.
1 cup hot water.
1 qt. Apollinaris water.

Mix the fruit juices, syrup and tea together; make a syrup of water and glucose; pour into punch bowl over block of ice; chill thoroughly and add Apollinaris just before serving.

GINGER PUNCH

1 qt. cold water.
1 to 1½ cups glucose or Karo.
½ lb. Canton ginger.
½ cup orange juice.
½ cup lemon juice.

Chop the ginger; combine with water and glucose; boil fifteen minutes; add fruit juices; cool; strain and dilute with crushed ice.

JELLY SHERBET

⅔ pt. sugar.
⅓ pint Karo (white).
2 eggs (whites only).
4 lemons.
1 glass tart jelly.

Make lemonade of 2 pints of water, juice of lemons, sugar, syrup and jelly. Put into freezer, and when well chilled, but not frozen, beat in whites of two eggs, and freeze. This quantity will make one gallon.

CAKES AND ICINGS

Mrs. Charles W. Merrill, Editor.

In making cakes and icings we must conserve wheat, sugar and dairy products in every possible way. Eliminate all waste, substituting other products for those needed by our Allies, wherever possible.

CONSERVE WHEAT—If each person consumes one pound less per week than usual, we can feed our Allies. As many will not or cannot make this change, those who are enlisted for this service should do much more.

Substitute as freely as possible, rice, barley, corn, rye, oats and cottonseed.

CAKE FLOUR—Cake flour may be made by adding one package of cornstarch to five pounds of white flour. Sift three times and store in tin or glass, ready for use. Satisfactory results may also be obtained by substituting equal portions of cornstarch and flour.

CONSERVE SUGAR—If the use of white sugar seems necessary, ask for beet sugar, a local product, and so relieve transportation congestion. Substitute honey, maple, corn syrup (glucose), molasses, or brown sugar.

Cakes made with honey, will keep until the butter is rancid. If made without butter, will keep indefinitely. Honey icing has the same advantage. Honey does not need heating, boiling or skimming. Its sweetening power is about the same as sugar, but it contains more water. There is very little adulterated honey on the market.—Farmers Bulletin, 653. Honey and its uses in the Home.

CONSERVE DAIRY PRODUCTS—Eliminate waste by buying whole milk. Take off the top instead of buying separate cream. Use skim milk, sour milk and buttermilk in cooking.

SUGGESTIONS

Use less milk or water when substituting cream.
If less shortening is used, use less flour.
In high altitudes use less baking powder and shortening.
Coarse sugar makes a heavy, crusty cake.
Too much flour will cause cake to crack.
Coarse cake is caused by insufficient beating.

Lay a cold wet cloth on outside of cake pans before removing from the pans; this contracts the metal and loosens the cake.

A tin grater will rub off burned edges or surfaces.

A spatula will be found invaluable for scraping out spoons, cups and bowls and for removing cake from pans.

MIXING

Have ready everything named in the recipe and all utensile before beginning to mix.

Mixing bowls and flour, sugar and liquids should not be too cold.

Have squares of paper cut a convenient size to hold sugar and flour.

Sift flour before measuring.

When creaming butter or fat, the bowl should be warm, or about a tablespoon of warm water added to hasten the creaming. Always cream the butter, add sugar gradually.

Add a little flour before any liquid to prevent curdling.

Add beaten yolks; beat in thoroughly.

Stir in flour and liquid alternately.

Last, add beaten whites folded in lightly.

BAKING

Have oven ready to regulate before beginning a cake. Thin or small cakes need a hotter oven than loaves. Fruit cakes require slow cooking. When baking any large cake a slow, even heat may be secured by lining the inside of the pan with several thicknesses of paper. Cover the top with paper also. Grease pans with unsalted fat.

Baking time should be divided into four periods:

1st quarter, rising.

2nd quarter, finish rising, begin to brown.

3rd quarter, finish browning lightly.

4th quarter, all simmering sound of the cake should stop; it should shrink a little from the sides of the pan and settle a very little.

Do not suddenly jar or chill a cake; set gently in a warm place to cool slowly.

If oven is too cool, cake will be very coarse.

If too hot, cake will form an uneven loaf.

All sponge cakes require a cool oven.

ANGEL CAKE

1 cup sugar.
¾ cup flour.
8 whites of eggs.
1 tsp. cream tartar.
¼ tsp. salt.
1 tsp. vanilla.

Sift flour and sugar separately several times. Beat whites until frothy, then add cream tartar, continue beating until stiff. Add sugar gradually, and flour mixed with salt. Bake fifty minutes in slow oven, preferably in pan that has never been greased. Some prefer to add half the cream of tartar to the eggs and half to the flour. M. MILLER.

To vary this recipe in several delicious ways

1. Sprinkle the top with brown sugar before baking, making a macaroon crust.

2. Sprinkle bottom of pan with preserved cherries, chopped walnuts, chopped raisins or peel, then pour in the cake mixture.

3. Add chocolate or cocoa, about 1 tablespoon, moistened with a very little warm water, making a dark cake, or marble cake. Bake in muffin tins and frost with chocolate. Bake in layers and use any filling.

THREE EGG ANGEL CAKE

1 cup sugar.
1 cup flour.
3 tsp. baking powder.
1 cup milk.
3 eggs.
1 pinch of salt.

Sift the first four ingredients four times. Add the milk, heated to boiling point; beat well and add flavoring. Fold in lightly the egg, whites, beaten to a stiff froth.

Bake in angel food cake tin (with hole in center) until it does not adhere to straw. Have oven very hot until cake has risen; then cool gradually until cake is done. Leave in the pan and turn at once upside down to cool.

Mrs. S. J. Johnson.

SPONGE CAKE—NO. I

2 eggs.
1 cup flour, sifted.
2 level tsp. baking powder.
2 tblsp. boiling water.
¾ cup of sugar.

Beat yolks of eggs and sugar well; add hot water, then flour, whites of eggs and baking powder.

Mrs. W. H. Waste.

SPONGE CAKE—NO. II

7 eggs (whites and yolks).
1 tsp. vanilla.
1¼ cups granulated sugar.
1 cup and 1 tblsp. flour.
⅓ tsp. cream tartar (scant).
1 pinch salt.

Separate whites and yolks into separate bowls. Add salt to whites before whipping. Sift, measure and set aside flour and sugar. Beat the yolks to a very stiff froth. Whip the whites to a foam, add the cream of tartar and whip very stiff. Add sugar to whites and beat in; then add yolks, beating well; add flavoring; last, add flour, folding in lightly. Put in a moderate oven at once and bake about forty minutes.

Mrs. Donough.

LEMON SPONGE CAKE

2 cups sugar.
6 eggs.
2 cups flour.
1 lemon (juice and grated rind).
½ cup boiling water.

Beat the sugar, yolks of eggs and lemon until very light; add water, then the flour (after sifting several times), stir in lightly the well beaten whites of eggs. Bake three-fourths of an hour in a moderate oven. Mrs. Lewis A. Hicks.

TWO EGG SPONGE CAKE

2 eggs.
½ cup boiling water.
1 cup sugar.
1 cup flour.
1 tsp. baking powder.
Salt.
Flavoring.

Beat whites and yolks of eggs separately, mix and beat; add other ingredients. Bake from forty to fifty minutes in slow oven. Mrs. C. B. Rice.

CHOCOLATE LOAF CAKE

1 cup sugar.
1 cup sour or buttermilk.
1½ tblsp olive or corn oil.
1½ level tsp. soda.
Pinch of salt.
3¼ cups flour.
1 tblsp. cocoa or chocolate, melted.

Cream sugar with milk and chocolate, add oil, add soda, dissolved in a little warm water, flour last. Bake forty minutes.

HONEY NUT AND BRAN TEA CAKES

½ cup honey.
1 cup flour.
½ tsp. soda, scant.
¼ tsp. salt.
2 cups bran.
1 tblsp. crisco or corn oil.
1½ cups milk.
¾ cup English walnuts, finely chopped.

Bake in muffin tins in hot oven twenty-five or thirty minutes. Makes about twenty.

HONEY CAKE

1½ cups honey.
½ cup crisco or corn oil.
3 egg yolks.
5 cups flour.
2 tsp. cinnamon.
½ tsp. salt.
2 tblsp. orange flower water, or water.
3 whites of eggs.

Cream honey and shortening; add unbeaten yolks and beat thoroughly; add dry ingredients sifted together; beat thoroughly; add stiff whites.

HARD HONEY CAKE

¾ cup honey.
½ cup sugar.
2½ cups flour.
1 egg.
¼ tsp. ginger.
1 tsp. cinnamon.
½ tsp. cardamon seed.
½ tsp. cloves.
½ tsp. soda.
1 tblsp. water.
4 tblsp. blanched almonds, cut or chopped.
Pinch of white pepper and salt.

Sift together flour and spices; dissolve soda in water; beat eggs; mix all together; beat or knead thoroughly. Bake a small sample. If it does not rise sufficiently, add a little more flour. Roll out to about three-fourths inch; bake in hot oven. When done, glaze it with a thick syrup of sugar and water and allow it to dry in a slow oven. While warm, cut into long strips. Will become very hard and will not be soft enough to eat for several weeks. U. S. D. A., Farmers Bulletin, 653.

EGGLESS, MILKLESS, BUTTERLESS CAKE

1 cup water.
1 cup brown sugar.
⅓ cup shortening.
2 cups seeded raisins.
1 tsp. cinnamon.
⅓ tsp. cloves.
1 cup nut meats, in small pieces.
1 pinch of salt.
2 cups sifted flour.
½ tsp. baking powder.
1 tsp. soda.

Boil the first seven ingredients three minutes and when cold add the others. Bake in a flat loaf pan in a medium oven.

Mrs. R. A.Clark.

POTATO CAKE

2 cups sugar.
1 cup crisco or corn oil.
1 cup mashed potatoes.
1 cup raisins.
1 cup nuts.
¼ cake, or 2 tblsp. chocolate.
4 eggs.
¾ cup water or skim milk.
1 tsp. baking powder.
1½ cups flour.
½ cup rye or entire wheat flour.

Bake in a loaf in a moderate oven.

Mrs. Skeen.

DEVIL'S FOOD CAKE

½ cup shortening.
2 cups brown sugar.
4 eggs.
2⅓ cups flour.
4 tsp. baking powder, sifted with flour.
1 cup water or skim milk.
2 squares chocolate.
½ tsp. vanilla.

Cream the shortening, add slowly one-half the sugar; beat the yolks with half the sugar. Mix with creamed shortening. Add alternately the water and flour; then stiff whites of eggs, chocolate and flour. Bake fifty minutes.

DUTCH APPLE CAKE

1¾ cups flour.
¼ cup rye meal.
1 tsp. salt.
1 tsp. soda.
1 heaping tsp. cinnamon.
½ tsp. cloves.
1 cup sour milk.
2 tblsp. shortening.
1 scant cup sugar.
2 apples, sliced thin.

Sift dry ingredients together. Cream shortening and sugar. Add ½ teaspoon soda to the milk and ½ to the flour. Mix all, stirring in apples last. Sprinkle top of cake with 1 tablespoon sugar. Bake about forty minutes in square, paper-lined tin.

Florence E. Bireley.

FRUIT CAKE—NO. I

1 cup sugar.
⅓ cup crisco.
1 cup sour milk.
1 cup raisins.
1 cup walnuts.
1 tsp. cinnamon.
½ tsp. cloves.
½ tsp. nutmeg.
Pinch of salt.
2 cups flour.
1 tsp. soda, dissolved in a little warm water.

Cream sugar and crisco, add milk, flour, and fruit last. Bake slowly one hour. Mrs. Peter Riley.

FRUIT CAKE—NO. II

⅓ cup crisco (scant).
½ cup brown sugar.
½ cup molasses.
¼ cup cocoa.
3 eggs.
¾ cup graham flour.
½ cup rye flour.
3 tsp. baking powder.
1 tsp. cinnamon.
¼ tsp. salt.
Chopped raisins and walnuts.

Bake in flat loaf fifty minutes. Mrs. E. Skeen.

OLD ENGLISH FRUIT CAKE

½ lb. brown sugar.
½ lb. crisco or corn oil.
½ lb. sliced citron and orange peel
½ lb. chopped almonds.
½ lb. currants.
½ lb. raisins
1 pt. sour milk.
2 lbs. flour.
1 tsp. each soda, nutmeg, cloves, cinnamon, allspice.

Bake in very slow oven. Lay three or four layers of paper in the pan, greasing the one next the pan. Wrap the pan in two layers of paper if doubtful about insuring very slow even baking.

CONSERVATION CAKE

1 cup, scant, melted shortening.
1 cup brown sugar.
2 cups flour (whole wheat and white).
½ cup chopped walnuts.
1 large cup tart apple or apricot sauce into which stir
1 tsp. soda.
1 tsp. salt.
All kinds of spices.

Bake in slow oven three-fourths of an hour.

Mrs. C. S. Downes.

APPLE SAUCE CAKE—NO. 1

2 cups flour.
1 cup brown sugar.
2 level tsp. soda.
1 level tsp. cinnamon.
½ tsp. cloves.
½ tsp. nutmeg.
3 tblsp. chocolate.
1 tblsp. cornstarch.
1 pinch salt.
1 cup chopped walnut meats
1½ cup raisins.
½ cup currants.
½ cup citron.
1½ cups apple sauce.
½ cup shortening.

Sift the first nine ingredients together, moisten with the apple sauce, thick and unsweetened, and the shortening; then add the others. Bake in pan lined with oiled paper, in a slow steady oven, for about one and one-half hours.

Mrs. T. M. Shearman.

APPLE SAUCE CAKE—NO. II

(No eggs; no milk).
1 cup juicy apple sauce.
1 cup dark sugar.
1 heaping tsp. shortening.
1 heaping tsp. cocoa.
1½ to 2 cups flour.
2 tsp. baking powder.
Raisins or currants.
Pinch of salt.
Cinnamon and cloves.
1 tsp. soda, dissolved in the apple sauce.

Mix like ordinary loaf cake. Bake in a moderate oven from thirty to forty minutes.

Mrs. M. S. Quillinan.

APPLE SAUCE CAKE—NO. III

2 cups cold apple sauce.
1 cup sugar.
3 cups flour.
½ cup drippings.
2 level tsp. soda.
Raisins or dates, floured.
Spices to taste.

Divide into two loaves.

Mrs. Biedenbach.

RAISIN CAKE

½ cup shortening.
¾ cup brown sugar.
¼ cup molasses.
1 egg.
1 tsp. soda.
1 cup sour milk.
1 cup chopped raisins.
2 cups flour.
2 tsp. cinnamon.
½ tsp. nutmeg.
Cloves, sparingly.

Bake in slow oven about three-fourths of an hour.

Mrs. W. E. Miles.

SOUR MILK CAKE (Old Fashioned Kind)

1 cup light brown sugar.
½ cup (scant) shortening.
1 egg.
½ tsp. nutmeg.
⅔ cup thick sour milk.
1 tsp. (scant) soda.
1¼ cups flour.

Cream sugar and shortening and add other ingredients. Bake in bread pan in slow oven from twenty to thirty minutes.

Jessie Wallace.

SOUR CREAM CAKE

1 cup sour cream.
1¾ cups sugar.
2½ cups sifted flour.
3 eggs.
2 heaping tsp. baking powder.
Lemon and vanilla, mixed.

Beat whites very stiff, add yolks one at a time, then sugar, and stir; then cream and flour with baking powder. Blend and bake in three large layers. Flavor with two parts of vanilla, to one of lemon. If the cream is very old and heavy, a tiny pinch of soda may be added, but for ordinary sour cream, it is not necessary.

Mrs. C. F. Stern.

COFFEE CAKE (New England)

1 cup cold coffee, or sour milk, or half of each.
½ cup shortening (chicken fat may be used).
1 cup sugar.
1 cup molasses.
3 cups flour.
1 egg.
2 tsp. soda (level).
½ tsp. each, cloves and cinnamon.
1 tsp. salt and cinnamon.

Add soda to sugar, molasses, salt, egg, and spices. Mix well, add shortening. Pour in coffee or sour milk, add sifted flour, and beat well. Have greased pan ready; put batter into large flat pan, sprinkle sugar over top and bake slowly in a moderate oven. Raisins may be used.

Mrs. Carl L. A. Schmidt.

SPICE CAKE

1 cup sugar.
½ cup shortening.
½ cup sweet milk.
½ tsp. cloves and allspice.
1 cup walnut meats, chopped.
2 eggs.
1 tsp. cinnamon.
1 cup raisins, floured.
2 tsp. baking powder.
1½ cups flour.

Sierra Chapter D. A. R.

"CANADA'S WAR CAKE"

2 cups brown sugar.
2 cups hot water.
1 tsp. cloves.
1 cup raisins.
4 tblsp. shortening.
1 tsp. salt.
1 tsp. cinnamon.
3 cups flour.
2 tsp. soda, dissolved in
1 tsp. hot water.

Boil first seven ingredients five minutes after they begin bubbling. When cold, add the last three. Bake in two loaves in slow oven one and one-fourth hours. Mrs. Barnhart.

FEATHER CAKE

½ cup shortening.
1 cup sugar.
½ cup milk.
1 cup flour.
½ cup cornstarch.
1 tsp. baking powder.
1 tsp. vanilla.
3 eggs (whites beaten stiff).

Cream shortening and sugar and sift cornstarch and baking powder together. Mrs. F. P. Gay.

LAYER CAKE

2 cups sugar.
½ cup shortening.
3 eggs.
1 cup milk.
3 cups flour.
2 heaping tsp. baking powder.
Salt.

Measure unsifted flour by filling it lightly into a cup with a tablespoon. Sift flour with salt and baking powder about three times. Cream sugar and shortening; add yolks of eggs, beat well, and add alternately milk, dry ingredients, and last, the stiffly beaten egg whites. Bake in five or six round layer tins, and put currant jelly between layers.

For a small two-layer cake, use only one-third of the ingredients in this recipe.

This batter may be made into loaf cakes with spices, chocolate, nuts or raisins added. If raisins or nuts are used, flour them with 1 level tablespoon extra of flour.

Mrs. Carl L. A. Schmidt.

ONE-EGG CHOCOLATE CAKE

2 squares unsweetened chocolate, or cocoa.
1 egg (yolk).
1 cup sugar.
1 scant tblsp. butter substitute.
Use white of egg for frosting.
1 cup sweet milk.
1 scant tsp. soda.
1½ cups flour.

Mrs. M. F. Surr.

ORANGE CAKE

1 cup sugar.
⅓ cup butter substitute.
1 yolk and 2 whites of eggs.
½ cup orange juice and water combined.
1 small tsp. grated orange peel.
1¾ cups flour.
1 level tsp. cream tartar.
½ level tsp. soda.

Mix dry ingredients and add alternately with the liquid, after the butter and sugar have been creamed and yolk of egg added. Fold in the whites gently. Bake in loaf.

Mrs. Lloyd Jones.

MOLASSES LAYER CAKE

½ cup molasses.
¼ cup shortening.
½ cup sour milk.
1 level tsp. each soda, cinnamon, nutmeg.
3 yolks of eggs and 1 white.
¼ tsp. cloves.
1 cup sugar.
2½ cups flour.
Salt.

Cream shortening and flour, add beaten yolks, molasses, milk, flour, with spices and soda, and last the well beaten white. Bake in layers, put together with marshmallow filling or substitute filling.

Mrs. C. F. Stern.

JELLY ROLL

2 tblsp. sugar.
2 eggs, beaten.
2 tblsp. flour.
1 tsp. baking soda.

Beat the sugar and eggs to a cream. Add the flour and soda, sifted together. Bake in shallow pan about 7x10 inches in quick oven, about five minutes; turn out on paper; sprinkle with powdered sugar; spread with jelly and roll while hot.

Mrs. Orville D. Adams.

POTATO FLOUR LAYER CAKE

4 eggs.
1 cup sugar.
1 cup potato flour, scant.
1 tsp. baking powder.
1 tsp. vanilla.
Salt.

Beat eggs separately about one minute; add ½ cup sugar to yolks and ½ cup sugar to whites and beat again about three minutes; then mix together; add potato flour, salt, baking powder and vanilla. Bake in moderate oven about fifteen minutes in layers.

Mrs. Steel.

NOVELTY LAYERS

(Layer cake mixture by any recipe).

3 tblsp. grated chocolate.
1 cup chopped almonds.
¼ lb. raisins.
¼ lb. currants or citron.

Make three layers, adding to the batter of the first, chocolate, to the second, almonds, and to the third, raisins and currants. Put layers together with boiled icing.

LIGHTNING CAKE

⅓ cup melted butter substitute.
2 eggs.
1 cup sugar (scant).
1 heaping tsp. baking powder.
1 cup flour (full).
Milk.
Flavoring.
Salt.

Put butter in cup, add eggs, and fill cup with milk. Sift other ingredients together and add to this. Beat five minutes. Bake in moderate oven half an hour.

MARBLE CAKE

DARK PART

½ cup shortening.
1 cup brown sugar.
1 tblsp. molasses.
3 eggs (yolks).
½ cup sour milk.
1 level tsp. soda.
1⅓ cups flour, unsifted.
1 level tsp. cloves, allspice, cinnamon.
¼ tsp. salt (level).
1 cup raisins.

Cream shortening and sugar. Add egg yolks and molasses; beat well. Add alternately the milk and flour, sifted three times, salt, soda, spices, and raisins. Beat well.

LIGHT PART

½ cup shortening.
1 cup white sugar.
3 eggs (whites).
½ cup cornstarch.
1 cup flour.
1 heaping tsp. baking powder.
¼ tsp. salt.

Cream shortening and sugar. Add alternately milk and flour, sifted three times; cornstarch, salt and baking powder, and well beaten egg whites. Mix well. In measuring flour, use unsifted flour and fill lightly into the cup with a tablespoon. Have a greased paper-lined tin or aluminum cake pan; alternate the two batters in it by spoonfuls or layers. Bake carefully in a rather quick oven.

Mrs. Carl L. A. Schmidt.

SOFT GINGER BREAD—NO. I

1 cup molasses.
1 cup sugar.
2 eggs.
3 cups flour.
1 cup sour milk.
1 tsp. soda.
1 tblsp. ginger.
1 tsp. allspice.
1 tsp. nutmeg.

Bake in a moderate oven. M. Miller.

SOFT GINGER BREAD—NO. II

1 cup New Orleans molasses.
1 cup boiling water.
½ cup sugar.
½ cup crisco.
2 eggs.
1 cup entire wheat flour.
½ cup white flour.
2 tsp. soda.
1 tsp. ginger.
1 tsp. cinnamon.
½ tsp. cloves.
1 tsp. salt.

Cream crisco and sugar, add salt and spices, then molasses. Sift flour; add, alternating with hot water; dissolve soda in one-half of water and mix; add well beaten eggs. Bake in slow oven for thirty-five minutes. Mrs. F. E. Menefee.

SMALL CAKES AND COOKIES

NUT MACAROONS

1 egg, white only.
1 cup brown sugar.
1 cup pecan nut meats, finely chopped.
¼ tsp. salt.

Beat the white of the egg until light; add gradually, while beating constantly, the sugar. Fold in finely chopped nut meats, sprinkle with salt. Drop from tip of spoon one inch apart on a buttered sheet; bake in a moderate oven until delicately browned.

CORN FLAKE MACAROONS

1 cup sugar.
3 cups corn flakes.
1 cup cocoanut.
4 eggs, whites, well beaten.
½ cup chopped nuts.
¼ tsp. salt.
½ tsp. vanilla.

Drop mixture from teaspoon on oiled baking sheet; bake about twenty-five minutes in slow oven. A. A. Thelan.

NUT BARS

¼ cup crisco.
¼ cup boiling water.
⅔ cup brown sugar.
½ cup flour.
⅛ tsp. salt.
2 tblsp. English walnut meats, finely chopped.
Halves of walnuts or almonds.

Put 2 tablespoonfuls sugar in a saucepan and heat a little; add shortening and water; let boil two minutes. Remove from the fire and add remaining sugar, flour mixed with salt, and walnut meats. Spread as rolled wafers; mark in 2-inch squares, and lay a nut meat on top. Bake in slow oven, removing from pan as soon as done.

RYE HERMITS

½ cup sugar.
½ cup Crisco.
¼ cup molasses.
¼ cup milk.
½ cup raisins.
½ cup walnuts.
1 cup rye flour.
1 egg.
½ tsp. soda.
Ginger, nutmeg, salt.

Mix thoroughly, drop from spoon and bake in a moderate oven.

Mrs. W. R. Thorsen.

PEANUT BUTTER OAT COOKIES

1 tblsp. peanut butter.
1 cup brown sugar.
2 eggs.
2 tsp. baking powder.
2 cups dry rolled oats.
Pinch of salt.

Drop from a small spoon on a flat pan, far apart. Bake in very slow oven.

GRAHAM CRACKER BARS

1 cup sugar.
1 cup shortening.
4 cups graham flour.
1 cup sweet milk.
1 cup white flour.
1 tsp. (level) soda.
Salt to taste.

Cream sugar and shortening. Sift salt, soda and white flour three or four times and mix with the graham flour and add alternately with the milk. Roll in thin sheets, cut in bars about 1x4 inches in size and bake on greased tins in moderate oven.

CREAM COOKIES

½ cup shortening (melted).
¾ cup brown sugar.
2 cups flour (½ whole wheat).
1 egg.
½ tsp. salt.
15 or 18 chopped dates.
½ cup cream or milk.
Vanilla.

Drop from a teaspoon. Bake in moderate oven.

Mrs. C. S. Downes.

HONEY JUMBLES

¼ lb. citron.
¼ lb. candied orange peel.
⅓ cup shortening.
¼ lb. figs.
⅛ tsp. salt.
3 tsp. baking powder.

Chop citron and orange peel fine; cover with hot honey and let stand until cool; put figs through meat grinder. Mix and sift 1 cup of wheat flour with 1 cup of rice, corn or barley flour. Stir and knead flour into the mixture until it can be managed on the board; roll thin, cut in fancy shapes. Bake in a hot oven.

Prof. Mary Beals Vail.
(Mills College)

OAT CAKES

1 cup steel cut oatmeal.
1 cup white flour.
1 tsp. salt.
1 tsp. baking powder.
1 dessert spoon sugar.
1 dessert spoon lard.
Water enough for hard dough.

Roll very thin and bake in very hot oven.

Mrs. J. T. Allen.

OATMEAL COOKIES—NO. I

¾ cup shortening.
¼ cup sugar.
1 cup syrup (Karo).
4 cups rolled oats.
2 eggs.
½ cup sour milk.
1 tsp. crisco.
1 tsp. mace.
1 tblsp. vanilla.
1 cup chopped walnuts.
1 tsp. soda.
1 cup white flour.
1 tsp. salt.
Nutmeg.

Cream shortening and sugar thoroughly together; add syrup, eggs, well beaten; rolled oats, nuts, spices, soda, dissolved in milk, and flour. Drop in greased pan, spread thin, bake in a moderate oven. Sufficient for forty-five cookies.

Mrs. J. P. McMillen.

OATMEAL COOKIES—NO. II

2 cups wheat flour.
2 cups steel cut oatmeal.
2 tsp. salt.
1 cup brown sugar.
1½ cups shortening.
Water enough to knead.

Buttermilk or sour milk may be used in place of water.

Elizabeth Rogers.

OATMEAL ROCKS

⅓ cup melted shortening.
1 cup honey.
¼ tsp. salt.
1 egg.
2 cups wheat flour.
¼ tsp. cloves.
1 tsp. cinnamon.
2 tsp. baking powder.
2 cups rolled oats.
½ cup seedless raisins.

Mix first four ingredients; then add mixture of dry ingredients. Drop on to greased tins and bake in hot oven.

Prof. Mary Beals Vail.
(Mills College)

SPANISH TEA COOKIES

1 egg.
½ cup brown sugar.
1 cup rolled oats.
⅔ tblsp. butter substitute.
⅓ tsp. salt.
¼ tsp. vanilla.

Drop from a teaspoon on buttered inverted baking pan, one inch apart; shape into circles with a fork wet in cold water. Bake in moderate oven until delicate brown; loosen with a steel knife and roll into tubular shape.

Mrs. Leonard Bacon.

WALNUT WAFERS

2 eggs.
1 heaping cup brown sugar.
1 cup walnuts, broken in small pieces.
3 tblsp. flour.
¼ tsp. baking powder.
Pinch of salt.

Pour one teaspoonful of vanilla over the nuts and let stand for a few minutes. Beat eggs and add sugar; beat well together. Add flour, baking powder and salt sifted together; last add the nuts; drop small teaspoonfuls on buttered pan. Bake until brown.

Mrs. J. C. Merriam.

BRAN DROP COOKIES

3 cups bran.
½ cup sugar.
¼ to ½ tsp. soda.
¼ tsp. cinnamon.
½ tsp. ginger.
½ cup honey.
½ cup milk.
½ cup shortening.
2 eggs will improve it.

Mix thoroughly and drop from spoon.

Mrs. C. S. Downes.

BRAN COOKIES

½ cup shortening.
½ cup brown sugar.
2 eggs.
1 cup sour milk.
1 level tsp. soda.
1 level tsp. salt.
2½ cups bran.
1½ cups flour.

Cream shortening and sugar; add beaten eggs; dissolve soda in milk and add. Sift in flour and salt; add bran. Drop off spoon on buttered tins. Chopped raisins or nuts may be added. Mrs. L. A. Driesbach.

CITRON SQUARES

3 eggs.
2½ cups brown sugar.
½ lb. citron.
3 cups flour.
2 tsp. cinnamon.
½ tsp. cloves.
3 tblsp. chocolate.
½ tsp. soda.

Mix sugar and eggs; add 1 cup of flour to sliced citron. Mix spices and chocolate add rest of the flour with soda. Spread in large pan, one-half inch thick. Bake twenty minutes in slow oven. Cut in squares while warm. Miss C. Tickner.

SMALL CAKES

3 eggs.
¼ cup crisco.
½ cup brown sugar.
3 squares chocolate.
1 cup stale bread.
3 tblsp. barley flour.

Beat the eggs light; cream the crisco; add the sugar, combine with the eggs; add the chocolate, melted, bread crumbs and flour; spread the mixture in a shallow greased pan; bake in slow oven. Shape with small biscuit cutter; put together in pairs, putting maple sugar cream or any other filling between and on top.

BUCKWHEAT DROP COOKIES

¼ cup fat.
¾ cup sugar.
2 eggs, well beaten.
¼ cup milk.
1 tsp. lemon juice or extract.
¾ cup buckwheat.
½ cup white flour.
2 tsp. baking powder.
½ tsp. salt.
1 cup chopped nuts.

Combine as for cake; drop on greased pan; bake fifteen minutes in moderate oven. This makes forty small cookies.

Mrs. T. W. Durgin.

RUSSIAN TEA CAKES

2 eggs (whites and yolks beaten separately).
1 tblsp. crisco.
1 cup brown sugar.
1 tsp. vanilla.
2½ cups rolled oats.
2 tsp. baking powder.
½ cup raisins, or chopped dates may be added if desired.

Drop small teaspoonfuls of the batter on well greased pans. Bake ten minutes in slow oven. Mrs. Fred Thomas.

BARLEY FLOUR COOKIES

1 cup sugar.
½ cup crisco.
1 egg.
½ cup milk.
2 tsp. baking powder.
3 cups barley flour.
Salt.

Mix sugar and crisco well; add egg, milk and salt, flour and baking powder. If mixture is too stiff, add more milk. Any flavoring may be used. Roll out as for any other cookies, and bake. Miss Gertrude Hemme.

SNAPPY GINGER SNAPS

1 cup light brown sugar.
1 cup crisco.
1½ cups molasses.
1½ tsp. soda.
1½ tsp. ginger.
1 tsp. cinnamon.
¼ cup water.
Flour.

Cream sugar and crisco, dissolve the soda in the water; add molasses, then the remainder of the ingredients and, last, enough flour to make dough roll out. Knead well, but keep soft. Roll thin. Bake in moderate oven.

Phoebe Matthews.

RICE GINGER BREAD

2 cups brown sugar.
3 eggs.
⅓ cup butter substitute.
½ cup New Orleans molasses.
3 cups rice flour.
1 tsp. soda.
½ tsp. baking powder.

Mix sugar and butter substitute; add eggs one at a time, beating, then molasses and soda; 1 teaspoon each cinnamon, cloves, allspice and ginger. Mrs. M. Williams.

GRAHAM COOKIES

1 egg.
1 cup sugar.
½ cup butter substitute.
3 cups graham flour, or more.
1 tsp. soda.
2 tblsp. water.
2 tblsp. milk.

Cream the egg, sugar and butter substitute together. Dissolve soda in water. Add the flour until it will hold together. Roll thin and take up with a knife. Mrs. C. E. Bancroft.

FRUIT COOKIES

1 lb. prunes and figs.
1 cup walnuts.
¾ cup light brown sugar.
3 heaping tblsp. flour.
2 tsp. baking powder.
2 eggs.

Sift the flour and baking powder; chop fruit and nuts; add sugar and flour. Beat whites and yolks separately, stirring whites in last. Drop from a teaspoon upon greased pan and bake in moderate oven.

WAR-TIME COOKIES

⅓ cup salad oil.
1 cup molasses.
1 tsp. ginger.
1 tsp. soda, dissolved in waer.
A little salt.
1 heaping tblsp. rice flour.
Whole wheat flour.

Beat oil and molasses together, put in part of flour; then add the soda, then rest of flour and the ginger. Use whole wheat flour in making these cookies and handle them just as soft as you can. Mrs. Jennie Taylor.

ICINGS AND FILLINGS

BOILED ICING

1 egg (white). 1 cup brown or maple sugar.
⅓ cup water.

Boil together gently without stirring until, when dropped from a spoon, it quickly spins to a thread. While hot, pour slowly into stiffly beaten white of egg. Beat until stiff enough to spread. Add flavoring or melted chocolate. If it grains, beat in a little boiling water, 1 teaspoonful at a time. Add chocolate, cocoanut or raisins.

PINEAPPLE FILLING FOR CAKE

½ small can grated pineapple. 1 cup sugar.
1 egg (white).

Boil 3 tablespoonfuls of the pineapple juice with the sugar until the mixture threads. Stir into white of egg beaten stiff, continue beating until thick, add pineapple.

Miss C. Tickner.

CAKE FILLING

½ cup chopped nuts. ½ cup chopped raisins.
2 tblsp. red jelly or orange marmalade.
Mix to a paste, and spread.

BOILED HONEY ICING

3 marshmallows. 1 egg (white).
½ cup strained honey.

Boil until thick, pour over stiffly beaten white of egg; add marshmallows; beat until soft and creamy.

Mrs. J. P. McMillen.

STRAWBERRY FILLING

1 cup fresh berries. 1 cup sugar.
1 egg (white).

Beat all together with wire whip for twenty minutes, until very stiff. Spread between and on top of layer cake.

MAPLE FONDANT ICING

1 cup brown or maple sugar. ½ cup thin cream.

Boil fifteen minutes. Take from fire and stir until creamy. Spread quickly on warm cake, as it hardens very fast.

MAPLE SUGAR CREAM

1 lb. soft maple sugar. ½ cup boiling water.
2 egg (whites).

Break sugar in small pieces; put in saucepan with boiling water and stir occasionally until dissolved. Boil without stirring until syrup will thread when dropped from the tip of spoon. Pour gradually over the stiffly beaten egg whites, beating constantly until right consistency to spread.

CHOCOLATE FILLING

1 cup skim milk. 5 tblsp. brown sugar.
1½ squares chocolate. 1 tsp. vanilla.
2 tblsp. cornstarch. Pinch of salt.
2 egg yolks.

Heat milk, salt and chocolate, until smooth. Stir in flour creamed in a little cold milk. Cook in double boiler, stirring until thick. Pour over the beaten eggs and sugar. Stir well and cook one minute; more will cause egg to curdle. When cool, add 1 teaspoon vanilla.

FIG FILLING

1 lb. figs, chopped fine. ½ cup sugar.
1 cup water. 1 lemon, juice only.

Stew figs until soft, in the sugar, water and lemon. Spread between layers.

FRUIT FILLING

1 cup raisins. ½ lb. chopped almonds.
½ lb. chopped citron.

Add enough boiled icing to make a soft paste.

LEMON FILLING

1lemon (juice and grated rind). 1 cup sugar.
½ tblsp. butter or chicken fat. 2 eggs or 4 yolks.

Simmer together for ten minutes, cool and spread.

JELLY OR JAM FILLING

1 egg white, whisked lightly.
1 glass jelly or raspberry jam.

Whip fifteen minutes. Spread between cake layers.

Mrs. T. D. Shearman.

SOUR CREAM AND ALMOND FILLING

1 cup confectioner's sugar.
½ cup thick sour cream.
1 cup blanched almonds, ground fine.
1 tsp. vanilla.
Beat together.

CREAM OF ORANGE FILLING

1 lemon or orange (large).
1 tblsp. cornstarch.
1 egg yolk, beaten well.
3 tblsp. sugar.
1 tsp. butter.

Put juice and grated rind of lemon or orange into a cup and fill with hot water; strain and put on to boil. Wet the cornstarch with cold water and stir it into the juice; cook ten minutes; add the other ingredients and cook until dissolved; cool and spread between layers.

CANDY DEPARTMENT

Mrs. Elizabeth M. Spooner

CANDY MAKING FOR AMATEURS

The aim of this department has been not only to call attention to recipes that make use of sugar substitutes, but also to stimulate home-candy making by selecting more especially those that commend themselves because of their simplicity and ease of preparation. Be guided in your use of sugar, either white or brown, by Government Reports.

PINOCHE NO. I

2 cups brown sugar.
1 cup walnuts.
Butter substitute size of walnut.
1 cup sweet milk.

Boil sugar, milk and butter substitute until it forms a soft ball when dropped in cold water. Stir constantly while boiling. Add chopped walnuts and beat to a cream. Pour on buttered plates to cool. Make into squares.

PINOCHE NO. II

2 cups brown sugar.
½ cup white sugar.
½ cup milk.
1 cup walnuts.
1 tblsp. butter substitute.
1 tblsp. corn syrup (if desired).

Melt the butter substitute and brown a little. Add the sugar and milk, and boil five minutes. Set saucepan in cold water and when nearly cold beat vigorously, then set back in cold water; leave it a minute or two then beat again. Add nuts. When candy is beaten almost white, pour on a platter to cool.

Miss Grace Mills.

PINOCHE NO. III

2 cups brown sugar.
½ cup white sugar.
¼ cup maple syrup.
Butter substitute size of walnut.
1 cup milk.
1 cup walnuts.
1 tsp. vanilla.

Boil until it forms soft ball in cold water. Remove from the fire, add butter substitute and vanilla. Beat vigorously until creamy. Turn out on buttered pan. Cut in squares.

DIVINTY CANDY

3 cups light brown sugar.
¾ cup Karo syrup.
½ cup water.
1 egg (white).
1 tsp. vanilla.
1 cup chopped walnuts.

Boil sugar, syrup and water until they form a soft ball. Remove from the fire, and pour slowly on the stiffly beaten white of egg. Beat until creamy; add vanilla and walnuts, and pour into a pan. When cool cut in squares.

Miss Grace Mills.

VASSAR FUDGE

2 cups light brown sugar.
1 cup nuts (if desired).
Butter substitute size of walnut.
¾ cup milk.
2 tblsp. chocolate.
1 tsp. vanilla.

Put ingredients into a saucepan and stir until dissolved; then boil 15 minutes over a moderate fire, stirring only occasionally to prevent burning. Remove from fire; flavor with vanilla, and allow to cool slightly; then beat briskly until creamy. Pour on well buttered plate and let it cool.

Miss Grace Mills.

PEANUT BUTTER FUDGE

2 cups sugar (brown).
½ cup milk.
2 tblsp. (heaping) peanut butter.

Stir sugar, milk and peanut butter together. Boil five minutes, stirring occasionally to keep from burning. Remove from fire. Add a pinch of salt; beat until creamy. Pour into a buttered platter to cool. Cut in squares.

Mrs. E. H. Sattin.

"PATIENCE" CARAMELS

½ cup sour cream.
1¾ cups light brown sugar.
1 cup chopped walnuts.
¾ cup Korn syrup.
Pinch of salt.

Put one-half cup of sugar in a dry saucepan and shake over fire until melted. Continue shaking until tan in color. Pour in cream and stir **patiently** over slow fire until all the sugar is melted. Add rest of sugar and syrup. Cook until soft ball forms in cold water. Set pan in cold water and beat hard until candy is too hard for further beating. Add nuts and salt. Pour on greased tins. When cool cut in squares, wrap in waxed paper.

Mrs. Carl L. A. Schmidt.

CHOCOLATE CARAMELS

2 cups brown sugar.
1 cup molasses.
½ cup chocolate.
½ cup milk.
1 tblsp. butter substitute.
1 tblsp. flour.

Boil sugar, molasses and milk together a few minutes, then add chocolate, flour and butter and boil about half an hour. Pour into buttered pan and cool. Cut in squares.

CARAMELS

3 cups sugar.
1 cup milk.
1 tsp. vanilla.
1 cup chopped walnuts.
½ cup Karo syrup.

Cook all together except vanilla; stir frequently while cooking. Test in cold water. When it forms a hard ball, add vanilla and pour in buttered pan. When cool cut in squares.

Miss M. M. Byrne.

MAPLE FONDANT

2 cups brown sugar.
1 cup maple syrup.
1 cup hot water.
¼ tsp. cream of tartar.

Mix thoroughly, cover and boil until it forms soft ball in cold water. Set aside to cool, then beat until creamy.

Miss Grace Mills.

PRALINES

1 lb. walnuts.
1 lb. brown sugar.
2 tblsp. milk.

Break walnuts or pecans into good sized pieces. Boil sugar and milk until about ready to sugar. Stir in the nuts and beat briskly until all the nuts are sugar coated.

Miss Grace Mills.

NOUGAT CHEWS

2 cups brown sugar.
1½ cups white Karo Korn syrup.
½ cup boiling water.
1 cup chopped walnuts.
2 eggs, whites.
1 tsp. vanilla.
Pinch of salt.

Cook sugar, syrup and water until brittle when tested in cold water. Pour slowly over beaten whites of eggs, beating until stiff; add vanilla, salt and nuts and pour into shallow buttered tin. Cut when cold and wrap in wax paper, or coat with chocolate.

MAPLE CREAMS

1 cup maple sugar.
2 cups brown sugar.
2 cups water.
1 cup milk.

Break up maple sugar in small bits and mix with the sugar and water. Put over fire and cook **slowly,** until the syrup will form a soft ball when dropped in cold water; then add milk and boil up again until the soft ball can be formed as before. Remove from fire, and place saucepan in a dish of cold water. When it is almost cold stir until it is creamy, then drop from the spoon on buttered platter. Broken nut meats added to the syrup when taken from the stove are an improvement.

Mrs. E. H. Sattin.

MOLASSES CANDY

2 cups molasses.
1 cup sugar.
Butter substitute size of walnut.
2 tsp. cream of tartar.
1 tsp. soda.
1 tsp. vinegar.

Boil molasses, sugar and butter substitute for 20 minutes, then add cream of tartar, soda and vinegar. Turn into buttered dish. Leave until cold enough to pull.

SIENNA CANDY

2 cups honey.
2 lbs. chopped almonds.
½ lb. grated chocolate.
1 tsp. cinnamon.
¾ lb. chopped filberts or pecans.

Boil ingredients all together. When thick and smooth, cool and roll out. Cut in round cakes and dry in oven.

MOLASSES TAFFY

1½ cup good molasses.
¾ cup white sugar.
2 tblsp. vinegar.
¼ tsp. soda (level).
Butter substitute size of an egg
1 tsp. vanilla or peppermint.

Put molasses, sugar and vinegar into a deep saucepan and let boil to 260 degrees F., or until brittle when tested in cold water. During last part of cooking stir constantly. Add the butter and soda; boil up once and pour on butered platter or marble. As the candy cools turn the edges toward the center with a spatula or the fingers. Continue until the candy is cool enough to pull. Pull over a hook, or from the finger tips, until stiff. Add the flavoring a little at a time during the pulling. Cut in short lengths and wrap in waxed paper.

QUICK MOLASSES CANDY

1 cup brown sugar.
1 cup molasses.
⅓ tsp. butter substitute.
1 tsp. vinegar.
½ cup chopped peanuts.

Boil sugar, molasses, butter substitute and vinegar together until brittle when tested in water. Add peanuts, cool and cut in squares.

HONEY SQUARES

1 cup strained honey.
1 cup brown sugar.
2 tblsp. butter substitute.
½ cup milk.
¼ tsp. salt.
1 tsp. lemon extract.
Pinch of cream of tartar.

Put butter substitute, salt, honey, cream and sugar into saucepan. Stir over slow fire until dissolved. Then add cream of tartar. Boil until it forms a hard ball when tested in cold water. Remove from fire; add extract and pour in buttered mold. Mark in squares before it is cold.

Mrs. F. E. Menefee.

HONEY BRITTLE

1½ cups Karo syrup, or half honey.
½ lb peanuts.

Cook honey to a crack test. Grease a pan, cover the bottom with chopped peanuts and pour the syrup over them. Mark before the candy is quite cold. Instead of peanuts use other nuts, cocoanut, figs, or raisins and ½ ounce of chocolate.

HONEY CANDY

½ cup strained honey.
½ cup granulated sugar.
1 cup chopped walnut meats, peanuts or cocoanut.

Mix honey and sugar and boil gently until a few drops will form a soft ball in cold water. Add nuts and let come to boiling point. Pour out on buttered platter to cool.

Mrs. O. E. Kuhn.

STUFFED PRUNES

Prunes.
Maple fondant.

Wash prunes and steam until soft—about 10 minutes. Pour hot water over them, and drain. Remove pits and let stand several hours to dry. Fill with fondant or fondant and nut meats.

FRUIT AND NUT PASTE

2 cups dates—stoned.
1 cup peanut butter.
Candied lemon or orange peel.
A few currants.
1 tsp. salt.

Wash and dry the dates; put them through a food chopper; add peanut butter and salt and mix well. Take single teaspoonfuls and form into balls like small apples. Press in each a currant to represent the blossom and a piece of peel to represent the stem.

STUFFED DATES

Dates.
Vanilla.
Maple fondant.

Stone dates and stuff with fondant flavored with vanilla.

FRUIT CONFECTION

1 lb. dried figs.
½ lb. dried peaches.
½ lb. dried prunes.
½ lb. dried raisins.
¼ cup honey.
1 cup chopped nuts.

Run the fruit through a meat chopper; mix in the honey and nuts, and knead. Press into a form. Cut in squares; roll in cornstarch and serve or pack in a tin box with wax paper between layers.

FRUIT CARAMELS

Equal parts of nut meats.
Dates.
Dried figs—black or white.
Raisins.

Grind or chop all very fine and mix thoroughly. Pack hard in a deep pie tin one inch thick, and cut into squares. Wrap in waxed paper. Will keep indefinitely.

Mrs. D. N. Lehmer.

DATE BALLS

Dates.
Powdered sugar.
Peanut butter.

Make a paste of date meat by putting dates through food chopper two or three times. Add 1 teaspoonful peanut butter. Blend thoroughly, mold into balls or ovals, dip in powdered sugar. This makes delicious afternoon sandwiches.

Mrs. W. C. Blasdale.

DATES AND COCOANUT SWEETS

2 cups dates, stoned.
1 cup cocoanut, grated.
4 tsp. sugar.
1 tsp. lemon juice.
½ tsp. salt.

Wash, dry and put the dates through a food chopper. Mix the ingredients well; then form the mixture into round balls and roll in cornstarch. Mrs. T. M. Shearman.

CHOCOLATE RAISIN BALLS

Seedless raisins.
Melted chocolate.
Sugar.
Honey.

Put the raisins through a fine meat chopper; then weigh, and taking a scant cupful of their weight in sugar, work into a paste with a little honey. Roll into balls and allow to harden. Then dip in melted chocolate.

WHOLESOME CANDY

1 cup peanuts.
1 cup white sugar.
1 cup brown sugar.
1 tblsp. (large) butter substitute.
1 tsp. vanilla.
¼ cup boiling water.
½ cup dark Karo.

Boil water, Karo, sugar until it makes soft ball when tested in cold water. Add flavoring and butter substitute. Roll peanuts with rolling pin. Add one package crisp corn puffs and pour over peanuts. Put in a shallow pan and press down.

Mrs. Barnhart.

PUFFED RICE CANDY

1 cup brown sugar.
½ lemon.
Butter substitute size of an egg.
½ pkg. puffed rice.
¼ cup water.
Pinch of salt.

Boil a short time, then add the juice of half a lemon and boil until it forms a hard ball when dropped in cold water. Have rice crisp, stir in and form in balls as soon as it can be handled.

Mrs. C. S. Smith.

SUGARED POPCORN

2 quarts popped corn.
2 tblsp. butter substitute.
2 cups brown sugar.
½ cup water.

Put butter substitute in saucepan and when melted add sugar and water. Bring to boiling point and let boil 16 minutes Pour over corn and stir until corn is well coated.

FRENCH CANDIES

1 cup water. 4 cups honey.
1 cup gelatine.

Melt the gelatine in the water, stirring well. When it has become a soft paste, add the honey previously warmed, stirring rapidly. Take from the fire, add the desired flavor and color; mix carefully and pour into a shallow, greased dish. Let it dry for a few days before using.

CANNING AND PRESERVING

Household Science Department, Berkeley Schools
Bertha C. Prentiss, Supervisor.

Reliable bulletins giving complete directions for canning, preserving, etc., may be obtained free upon request.

(a.) Address the Division of Publications, United States Department of Agriculture, Washington, D. C., for the following bulletins:

1. Home Canning of Fruits and Vegetables, Farmers' Bulletin 853.
2. Canning, Farmers' Bulletin 359.
3. Home Canning One Period Cold Pack Method, Farmers' Bulletin 839.
4. Canned Fruits, Preserves and Jellies, Farmers' Bulletin 203.
5. Homemade Fruit Butters, Farmers' Bulletin 900.
6. Drying Fruits and Vegetables in the Home, Farmers' Bulletin 841.
7. Preservation of Vegetables by Fermentation and Salting, Farmers' Bulletin 881.
8. Manufacture and Use of Unfermented Grape Juice, Farmers' Bulletin 644.
9. Canning Tomatoes, Farmers' Bulletin 521.

(b). Address the University of California, College of Agriculture, Berkeley, for the following bulletins:

1. Home and Farm Canning, by W. V. Cruess, Circular No. 158.
2. Jellies and Marmalades From Citrus Fruits, by W. V. Cruess, Circular No. 146.
3. Canning Fruits and Vegetables. Methods of Food Preservation 1, by W. V. Cruess.
4. Fruit Juices and Jellies. Methods of Food Preservation 2, by W. V. Cruess.
5. Drying Fruits and Vegetables. Methods of Food Preservation 3, by W. V. Cruess.
6. Candying Fruit, Making Fruit Vinegar and Salting Vegetables. Methods of Food Preservation 4, by W. V. Cruess.
7. Jelly Stocks, by Frederic T. Bioletti and William V. Cruess.

8. Fruit Juices, by Frederic T. Bioletti and William V. Cruess.
9. Home-made Vinegar, by Frederic T. Bioletti and W. V. Cruess.
10. The Drying of Figs, by I. J. Condit.
11. Home Pickling of Ripe Olives, by Frederic T. Bioletti.
12. Vinegar From Waste Fruit, by W. V. Cruess.
13. Canning Fruits Without Sugar, by W. V. Cruess.
14. Tomato Paste, by W. V. Cruess.
15. Drying Muscat Raisins, by Frederic T. Bioletti.
16. Sterilization of Meats in Jars, by W. V. Cruess.

A SIMPLE TEST TO USE IN JELLY MAKING

(Recommended by the Bureau of Chemistry, United States Department of Agriculture).

To determine how much sugar should be used with each kind of juice, put a spoonful of juice into a glass and add to it one spoonful of 95 per cent grain alcohol and mix by shaking the glass gently.

Pour slowly from the glass, noting how the PECTIN—the substance in fruits, which makes them JELL—is precipitated.

If the pectin is precipitated as one lump, a cup of sugar may be used for each cup of juice; if in several lumps, the proportion of sugar may be reduced to approximately three-fourths of the amount of juice. If the pectin is not in lumps, but is merely precipitated, the sugar should be one-half or less of the amount of juice.

If the juice shows no precipitation under the test, it is unsuitable for jelly making, and must be combined with apple juice or orange pectin, or other juices rich in pectin.

SELECTED RECIPES

CARROT MARMALADE

6 medium sized French carrots. 1 large lemon.
Sugar.

Grind the carrots very fine. Add the juice, pulp, and ground rind of the lemon. Cover well with water and simmer for two hours. Measure and add ¾ cup sugar to 1 cup mixture and cook until thick. Pour into sterilized glasses.

CITRUS MARMALADE

2 oranges.
2 grape fruit.
2 lemons.
Sugar.

.Select unripe fruit with a coarse rind. Wash. Remove stem ends and any hard spots. Cut the fruit into slices one-half inch thick. With scissors cut the rind of the fruit into one-half inch pieces. Measure fruit and add twice the quantity of water. Cover and let stand twenty-four hours. Then boil without a cover until fruit is tender. Measure and add an equal quantity of sugar. Boil until it jells. Pour into sterilized glasses; cover with paraffin. Shirley Turner.

MOCK ORANGE MARMALADE

2 cups ground carrots.
2 lemons.
1 orange.
Spices.
Sugar.

Mix the carrots with the fruit pulp and rind cut in small pieces. Cover well with water and simmer for two hours. Measure and add ¾ cup of sugar, either brown or white, and spices if desired, to each cup of mixture. Cook slowly until thick and pour into sterilized glasses.

RHUBARB MARMALADE

2 qts. rhubarb.
1 orange.
½ cup raisins.
1 qt. sugar.
½ cup walnuts.

Wash, pare and cut rhubarb into one-half inch pieces. Add sugar, cover and let stand over night. In the morning add the grated rind and juice of the orange, seeded raisins, and walnuts, cut in small pieces. Cook slowly until thick. Store in a stone jar or pour into sterilized glasses.

PLUM CONSERVE

2 lbs. plums.
2 cups seeded raisins.
4 oranges.
⅔ cup dark corn syrup.
1 cup cold water.
½ cup nut meats.

Wash plums, remove stones and cut in pieces. Add raisins, chopped. Wash the oranges and cut in thin slices. Put the prepared fruit, water and syrup in a preserving kettle. Bring to the boiling point, then simmer until the consistency of marmalade. Add nuts five minutes before removing from the fire. Pour into sterilized glasses.

CRANBERRY MARMALADE

1 qt. cranberries.
2 cups seeded raisins.
1 cup sugar.
1 cup water.

Place cranberries and water in a saucepan, cover and bring quickly to boiling point. As soon as they begin to soften, mash and then boil for three minutes. Press through a strainer. Wash and dry the raisins and chop. Cook the cranberry pulp, sugar and raisins slowly for thirty minutes. Stir often to prevent burning. Pour into sterilized glasses. More raisins and less sugar may be used if desired.

GINGER PEAR MARMALADE

4 lbs. hard green pears.
4 lbs. sugar.
½ lb. green ginger root.
3 lemons; rind of 2.

Peel ginger root and cut in very small pieces; put on to boil in a little water with the grated lemon peel. Peel pears and cut in thin slices; cook with the ginger root until tender. Add sugar and lemon juice and cook until it jellies.

Mrs. P. B. Fay.

SPICED GRAPES

5 lbs. grapes.
4 lbs. brown sugar.
½ pt. vinegar.
1 tblsp. cinnamon.
1 tblsp. cloves.

Boil grapes in vinegar until tender; put through colander to remove seeds. Then cook with sugar and spices until it jellies when cooled.

Mrs. P. B. Fay.

PICALILLI

1 qt. green tomatoes.
1 head celery.
2 red sweet peppers.
1 green sweet pepper.
1 large mild onion.
½ small head cabbage.
1 ripe cucumber.
½ cup salt.
3 cups vinegar.
1 lb. brown sugar.
½ tsp. mustard.
½ tsp. pepper.
Allspice and cinnamon.

Chop first five ingredients in food chopper, making it rather coarse. Add salt, put in flour sack and let drain over night. In the morning press gently with hands, put in a dish and pour over other ingredients which have been boiled and cooled.

Mrs. E. G. Witter.

CRANBERRY CONSERVE

1 qt. cranberries.
½ lb. walnuts, chopped.
1 orange (juice only).
1½ cups water.
3 cups sugar.
¼ lb. raisins.

Wash the fruit. Cook in the water until the cranberries burst. Strain. Add the remaining ingredients and cook twenty-five minutes, or until the mixture is thick. Pour into sterilized glasses. When cool seal, and cover as directed for jams. Brown sugar may be used.

MANUSCRIPT RECIPES

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THE REASON FOR THE RAISIN

By THOMAS J. ALLEN, M. D., D. O.
Author of "Scientific Food Preparation," "Children's Diet," etc.

Raisins or other supply of grape sugar, which is very different from cane sugar, should be much more largely used by children and by adults especially who suffer from weakness of the heart and who are called upon for quick and rapid muscular movement and for muscular endurance. It has been observed that mountain climbers have found raisins most suitable food.

As a source of energy and heat, raisins are far superior to bread, which means that they are far superior in that respect to any other food.

Children should be given no candy. The raisin is the best supply of the grape sugar that is so readily utilized in the child's muscular activities.

With nuts, the raisin forms an ideal combination, a perfect diet, under ordinary conditions, for the adult. Although whole wheat bread with raisins would be regarded as incomplete, on account of the deficiency in fat, I have proved it in my own case to be a perfect ration.

To Prepare: Pour boiling water over raisins and let them stand for five minutes. Then put in a colander and wash with cold water. Then let stand in cold water for twelve hours.

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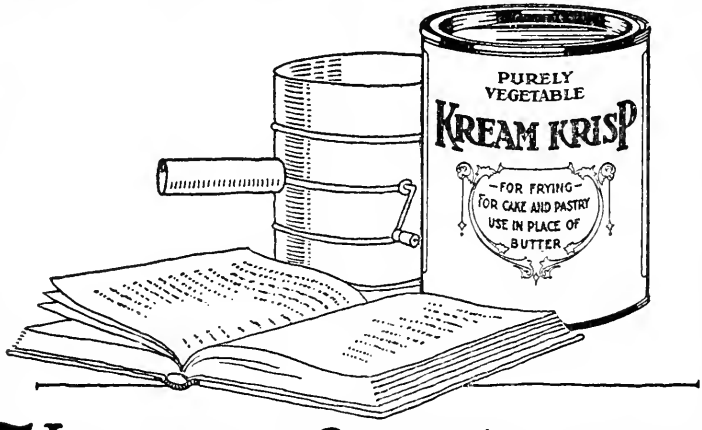

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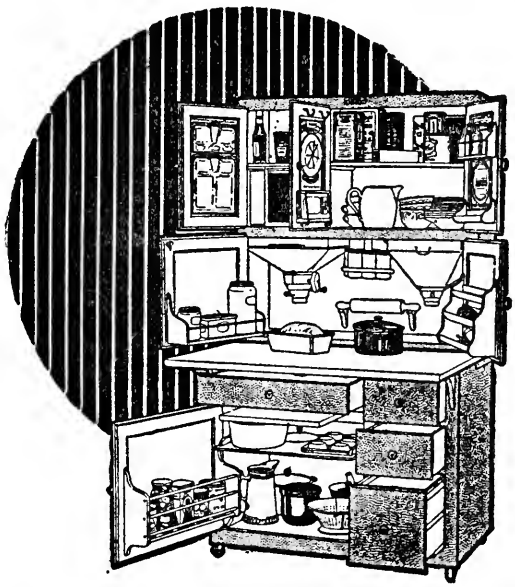

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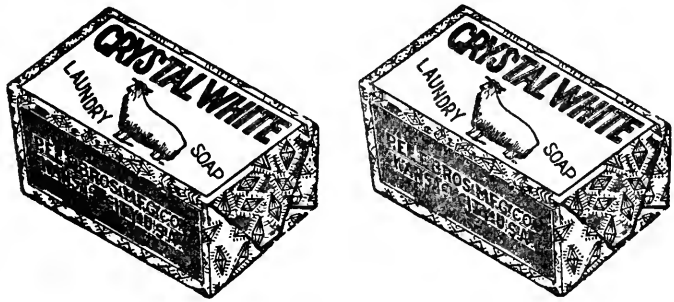

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